

THE HERBALIST AND HERB DOCTOR



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THE HERBALIST

AND HERB DOCTOR



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By JOSEPH E. MEYER.

Why Use Poisonous Drugs when nature in her wisdom and beneficence has provided, in her great vegetable laboratories—the fields and forest—a cure for most of the ills of man?



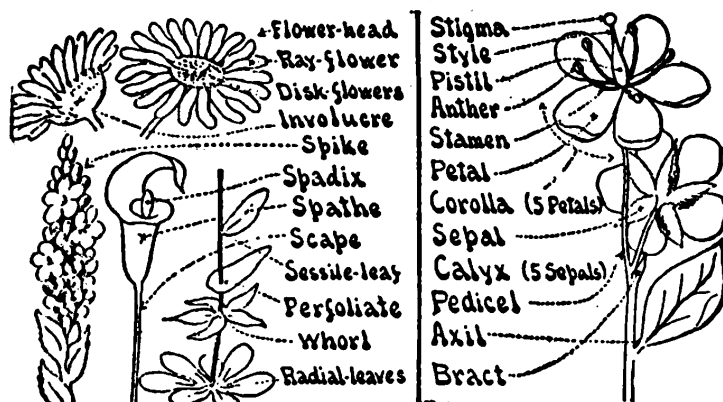
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Author and Compiler.

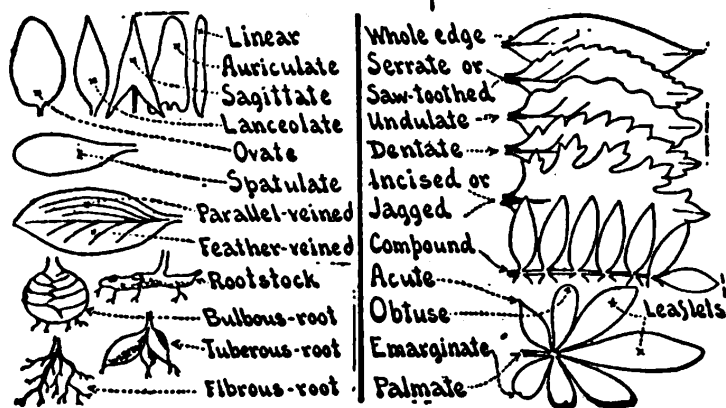
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Parts of Flowers.



Kinds of Leaves.





EPITOME OF BOTANY.

That the reader may more intelligently understand the description of the medicinal plants in this book, the author has deemed it prudent to preface the part of this work dedicated to Herbal Materia Medica with a brief analysis of the plant, as made by the botanist. This becomes particularly necessary, inasmuch as a plant cannot be accurately described unless scientific language be employed; but, nevertheless, throughout this whole work it has been the aim of the author to use the plainest language, and not to weary the reader by as pedantic employment of technical terms and scientific language.

Nothing more will be given than the anatomy of the plant, as nothing of systematic botany need be known to the reader to recognize the plant, or to acquaint himself with the medicinal properties thereof. If he has not a common acquaintance with a medicinal plant, but desires it for domestic medication, it is important that he should know that he employs the proper herb, and not use one which simulates it. It has therefore been the aim of the author to give accurate descriptions of the herbs, so that the gatherer may not err in his selection of the plant which his case may need.

Not all parts of the plant are used in medicine—sometimes the seed only; in others the flower, the leaves, root, rhizome; in others two or more of these parts, and, again, in others the whole plant.

Annual plants spring from the seed, make their full growth, and die in one year.

A biennial plant does not flower the first year, but produces leaves only. The second year of its growth it flowers, after which it dies. The carrot and parsnip are examples of biennials.

A perennial plant lives for more than two years. If the plant retains its leaves during the winter, it is known as an evergreen; if the leaves fall upon the approach of cold weather, it is said to be deciduous.

An herb is a plant having a soft stem which dies down to the ground after the plant has reached its full growth.

A shrub is a plant which has a woody stem, grows to a height of twenty-five to thirty feet or less, and branches near the ground.

A tree has a woody stem, is higher than a shrub and does not branch near the ground.



ANATOMY OF A PLANT.

(The Root.)

The root of a plant is that portion which is usually found in the earth, the stem and leaves being in the air. The point of union is called the collar or neck of the plant.

A fibrous root is one composed of many spreading branches, as that of barley.

A conical root is one where it tapers regularly from the crown to the apex, as that of the carrot.

A fusiform root is one when it tapers up as well as down, as that of the radish.

A napiform root is one when much swollen at the base, so as to become broader than long, as that of the turnip.

A fasciculated root is one when some of the fibres or branches are thickened.

A tuberiferous root is one when some of the branches assume the form of rounded knobs, as that of the potato.

A palmate root is one when these knobs are branched.

Aerial roots are those emitted from the stem into the open air, as that of Indian corn.

A rhizome, or root stock, is a prostrate stem either subterranean or resting on the surface, as that of calamus, or blood-root.

A tuber is an enlargement of the apex of a subterranean branch of the root, as that of the common potato or artichoke.

A cormus is a fleshy subterranean stem of a round or oval figure, as in the Indian turnip.

A bulb is an extremely abbreviated stem clothed with scales, as that of the lily.

The Stem.

The stem is that portion of the plant which grows in an opposite direction from the root, seeking the light, and exposing itself to the air. All flowering plants possess stems. In those which are said to be stemless, it is either very short, or concealed beneath the ground.

An herb is one in which the stem does not become woody, but dies down to the ground at least after flowering.

A shrub is a woody plant, branched near the ground, and 1 to 6 ft. high.

A tree attains a greater height, with a stem unbranched near the ground.

The stem of a tree is usually called the trunk; in grasses it has been termed the culm.

Those stems which are too weak to stand erect are said to be decumbent, procumbent and prostrate.

A stolon is a form of a branch which curves or falls down to the ground, where they often strike root.

A sucker is a branch of subterraneous origin, which, after running horizontally and emitting roots in its course, at length rises out of the ground and forms an erect stem, which soon becomes an independent plant, as illustrated by the rose, raspberry, etc.

A runner is a prostrate, slender branch sent off from the base of the parent stem.

An offset is a similar but shorter branch, with a tuft of leaves at the end, as in the houseleek.

A spine is a short and imperfectly developed branch of a woody plant, as exhibited in the honey-locust.

A tendril is commonly a slender leafless branch, capable of coiling spirally, as in the grape vine.

The Leaf.

The leaf is commonly raised on an unexpanded part or stalk which is called the petiole, while the expanded portion is termed the lamina, limb or blade. When the vessels or fibres of the leaves expand immediately on leaving the stem, the leaf is said to be sessile. In such cases the petiole is absent. When the blade consists of a single piece the leaf is simple; when composed of two or three more with a branched petiole, the leaf is compound.

The distribution of the veins or framework of the leaf in the blade is termed venation.

A lanceolate leaf has the form of a lance.

An ovate leaf has the shape of ellipsis.

A cuneiform leaf has the shape of a wedge.

A cordate leaf has the shape of a heart.

A reniform leaf has the shape of a kidney.

A sagittate leaf is arrow-shaped.

A hastate leaf has the shape of an ancient halberd.

A peltate leaf is shaped like a shield.

A serrate leaf is one in which the margin is beset with sharp teeth, which point forward towards the apex.

A dentate leaf is one when these teeth are not directed towards the apex.

A dentate leaf is one when these teeth are not directed towards the apex.

A crenate leaf has rounded teeth.

A sinuate leaf has alternate concavities and convexities.

A pinnate leaf has the shape of a feather.

A pectinate leaf is one having very close and narrow divisions, like the teeth of a comb.

A lyrate leaf has the shape of a lyre.

A runcinate leaf is a lyrate leaf with sharp lobes pointing towards the base, as in the dandelion.

A palmate leaf is one bearing considerable resemblance to the hand.

A pedate leaf is one bearing resemblance to a bird's foot.

An obovate leaf is one having the veins more developed beyond the middle of the blade.

When a leaf at its outer edge has no dentations it is said to be entire. When the leaf terminates in an acute angle it is acute, when in an obtuse angle it is obtuse. An obtuse leaf with the apex slightly depressed is retuse, or if more strongly notched, emarginate. An obovate leaf with a wider or more conspicuous notch at the apex becomes obcordate, being a cordate leaf inverted. When the apex is cut off by a straight transverse line the leaf is truncate; when abruptly terminated by a small projecting point it is mucronate; and when an acute leaf has a narrowed apex it is acuminate. In ferns the leaves are called fronds.

The Flower.

The flower assumes an endless variety of forms, and we shall assume in the dissection merely the typical form of it.

The organs of a flower are of two sorts, viz.: 1st. Its leaves or envelopes; and, 2nd, those peculiar organs having no resemblance to the envelopes. The envelopes are of two kinds, or occupy two rows, one above or within the other. The lower or outer row is termed the Calyx, and commonly exhibits the green color of the leaves. The inner row, which is usually of more delicate texture and forms the most showy part of the flower, is termed the Corolla. The several parts of the leaves of the Corolla are called Petals, and the leaves of the Calyx have received the analogous name of Sepals. The floral envelopes are collectively called the Perianth.

The essential organs enclosed within a floral envelope are also of two kinds and occupy two rows one within the other. The first of these, those next within the petals, are the Stamens. A stamen consists of a stalk called the Filament, which bears on its summit a rounded body termed the Anther, filled with a substance called the Pollen.

The seed-bearing organs occupy the center or summit of a flower, and are called Pistils. A pistil is distinguished into three parts, viz.: 1st, the Ovary, containing the Ovaules; 2nd, the Style, or columnar prolongation of the ovary; and 3rd, the Stigma, or termination of the style.

All the organs of the flower are situated on, or grown out of, the apex of the flower-stalk, into which they are inserted, and which is called the Torus or Receptacle.

A plant is said to be monoecious, where the stamens and pistils are in separate flowers on the same individual, dioecious, where they occupy separate flowers on different individuals, and polygamous where the stamens and pistils are separate in some flowers and united in others, either on the same or two or three different plants.

The Fruit.

The principal kinds may be briefly stated as follows:

A follicle is the name given to such fruit as borne by the larkspur or milk-weed.

A legume or pod is the name extended to such fruit as the pea or bean.

A drupe is a stone fruit, as the plum, apricot, etc.

An achenium is the name of the fruit as borne by the butter-cup, etc.

A cremocarp is the fruit of the Poison Hemlock and similar plants.

A caryopsis is such fruit as borne by the wheat tribe.

A nut is exemplified by the fruit of the oak, chestnut, etc.

A samara is the name applied to the fruit of the maple, birch and elm.

A berry is a fruit fleshy and pulpy throughout, as the grape, gooseberry, etc.

A pome is such as the apple, pear, etc.

A pepo is the name applied to the fruit of the pumpkin, cucumber, etc.

A capsule is a general term for all dry fruits, such as lobelia, etc.

A silique is such fruit as exhibited in Shepherd's purse, etc.

A cone or strobile is a collective fruit of the fir tribe, magnolia, etc.

The Seed.

The seed, like the ovule of which it is fertilized and matured state, consists of a nucleus, usually enclosed within two integuments. The outer integument or proper seed coat is variously termed the episperm, spermoderm, or testa.

DEFINITION OF MEDICAL TERMS USED IN THIS BOOK.

Absorbents or Antacids are such medicines that counteract acidity of the stomach and bowels.

Alternatives are medicines which, in certain doses, work a gradual cure by restoring the healthy functions of different organs.

Anodynes are medicines which relieve pain.

Anthelmintics are medicines which have the power of destroying or expelling worms from the intestinal canal.

Antiscorbutics are medicines which prevent or cure the scurvy.

Antispasmodics are medicines given to relieve spasm, or irregular and painful action of muscles or muscular fibres, as in Epilepsy, St. Vitus' Dance, etc.

Aromatics are medicines which have a grateful smell and an agreeable pungent taste.

Astringents are those remedies which, when applied to the body, renders the solids dense and firmer.

Carminatives are those medicines which dispel flatulency of the stomach.

Cathartics are medicines which accelerate the action of the bowels, or increase the discharge by stool.

Demulcents are medicines suited to modify the action of acrid and stimulating matters upon the mucous membranes of the throat, lungs, etc.

Diaphoretics are medicines that promote or cause perspirable discharge by the skin.

Diuretics are medicines which increase the flow of urine by their action upon the kidneys.

Emetics are those medicines which produce vomiting.

Emmenagogues are medicines which promote the menstrual discharge.

Emollients are those remedies which, when applied to the solids of the body, render them soft and flexible.

Errhines are substances which, when applied to the lining membrane of the nostrils, occasion a discharge of mucous.

Epispastics are those which cause blisters when applied to the surface of the body, forming sloughs.

Expectorants are medicines capable of facilitating the excretion of mucus from the chest.

Narcotics are those substances having the property of diminishing the action of the nervous and vascular systems, and of inducing sleep.

Rubefacients are remedies which excite the vessels of the skin and increase its heat and redness.

Sedatives are medicines which have the power of allaying the action of the system generally, or of lessening the exercise of some particular function, especially of the heart and brain.

Sialagogues are medicines which increase the flow of the saliva.

Stimulants are medicines capable of exciting the vital energy, whether as exerted in sensation or motion.

Tonics are those medicines which increase the tone or healthy action, or strength of the living system.



GATHERING BOTANICAL DRUGS.

All roots, barks, herbs, leaves, flowers and bulbs which have a medicinal value are commonly called Botanic Drugs. In the following pages the most important botanical drugs are described, their uses given, the valuable part of the plant mentioned, the geographical distribution of the plant stated, and directions for gathering, as well as the best time for doing so.

To get the best results from the work of collecting botanical drugs, it is important to handle them properly, as well as to collect at the right time of year. It is also well to see that the articles you collect are not mixed with some of similar appearance. The demand is for pure, not mixed with some other of similar appearance. The demand is for pure, clean, properly handled goods, and these only will bring the highest prices.

DIRECTIONS FOR COLLECTING LEAVES.

Leaves should always be collected in clear, dry weather, in the morning, after the dew is off. They are at their best when the plant is in bloom and should be collected at this time. Leaves of biennials are most valuable during the second year of their growth. In drying, spread out thinly on a clean floor and stir occasionally until they are thoroughly dry. Remove all stems from leaves and remember that the leaves which are worth most are those which retain their natural green color. Dampness will turn leaves black, so be careful not to let them get damp.

DIRECTIONS FOR COLLECTING HERBS.

In collecting herbs, strip off the flowers, smaller leaves, and very small stems and reject the large stem. Dry same as leaves. The large woody stems are of no value.

**DIRECTIONS FOR COLLECTING
FLOWERS.**

Flowers are worth the most, from the standpoint of their medical value, immediately upon opening. The directions for collecting leaves also apply to flowers, which sell best when their natural color is preserved in drying.

**DIRECTIONS FOR COLLECTING
BULBS.**

Bulbs should be gathered at the time the leaves of the plant die, which is, of course, in the autumn. The outer heavy coat should be removed and the bulb sliced, after which it should be dried by artificial heat, not to exceed 100 degrees F.

**DIRECTIONS FOR COLLECTING
BARKS.**

Barks may be gathered either in the fall or spring. Wild Cherry and other rough barks should be rossed before peeling—that is, the rough outer bark must be scraped or shaved off, and the inner bark then peeled. Barks may be dried in sunlight, except green Wild Cherry.

**DIRECTIONS FOR COLLECTING
SEEDS.**

Seeds should be gathered as soon as they ripen. Only heavy full developed seeds are of value; others should be removed by winnowing.

VALUE OF BOTANICAL DRUGS.

The price of botanical drugs is constantly changing and for this reason it would be useless to mention market values in a book of this kind.

SHIPPING INSTRUCTIONS.

The more valuable and perishable articles should be shipped in boxes or barrels; other goods may be shipped in bags. See that all goods are dry before shipping; otherwise they will mould while on the road and be worthless when they arrive at their destination. It is always best to correspond with dealers before shipping.

Mark shipments plainly with your name, the name of the consignee and the name of the article or articles contained in the shipment.

Address all correspondence to Indiana Herb Gardens, P. O. Box 5, Hammond, Ind.

Although we grow and gather most of our own roots and herbs for our retail trade, we have a market among wholesale dealers for all we can purchase.

Herbal Materia Medica

Every herb employed in the cure of diseases, whether in its natural state or after having undergone various preparations, belongs to the Herbal Materia Medica, in the extended acceptation of the term. It shall, however, be our purpose only to describe each separate herb in its living state, or the medicinal part thereof, and not dwell much upon the forms usually prepared by the apothecary or physician. In this portion of our work we propose to give an account of all the most important medicinal herbs necessary for the cure of diseases. No herb, however, is to be despised or regarded as worthless because of its not finding mention in this work; but that each and every plant has its virtues, though to describe all recognized as medicinal would make the work too voluminous, and in price far exceed the reach of the millions.



ADDER'S TONGUE

(*Erythronium Americanum*, Lily Family).

Common Names—Dog-Tooth Violet, Serpent's Tongue, Yellow Snowdrop, Rattlesnake-Violet, Yellow Snakeleaf.

Medicinal Parts—The bulb and leaves.

Description—This is a perennial plant, springing from a bulb at some distance below the surface. The bulb is white internally and fawn-colored externally. The leaves are two, lanceolate, pale green with purplish or brownish spots, and one nearly twice as wide as the other. It bears a single drooping yellow flower.

which partially closes at night and on cloudy days. Fruit a capsule.

This beautiful little plant is among the earliest of our spring flowers, and is found in rich open grounds, or in thin woods throughout the United States, flowering in April or May. The leaves are more active than the roots; both impart their virtues to water.

Properties and Uses—It is emetic, emollient, and antiscorbutic when fresh; nutritive when dried. The fresh root simmered in milk, or the fresh leaves bruised and often applied as a poultice to scrofulous tumors or ulcers, together with a free internal use of an infusion of them, is highly useful as a remedy for scrofula. The express juice of the plant, infused in cider, is very beneficial in dropsy, and for relieving hic-cough, vomiting and hematemesis, and bleeding from the lower bowels.

Dose—One teaspoonful of the dried leaves or two of the root to a cup of boiling water. Drink one cupful a day.

ANISE

(*Pimpinella Anisum*, Parsley Family).

Common Name—Anise.

Medicinal Parts—The fruit or seed.

Description—Anise has a perennial, spindle shaped, woody root, and a smooth, erect, branched stem, about ten or twelve inches in height. The leaves are petiolated, roundish, cordate, serrate; flowers small and white, disposed on long stalks. Calyx wanting, or minute. The fruit is ovate, about an eighth of an inch long, dull brown, and slightly downy.

It is a native of Egypt, but now cultivated in many of the warm countries of Europe and America. The Italian Aniseed is commonly used for medicinal purposes. The odor of Anise is penetrating and fragrant, the taste aromatic and sweetish. It imparts its virtues wholly to alcohol, only partially to water.

Properties and Uses—Stimulant and carminative; used in cases of flatuency, colic of infants, and to remove nausea. Some times added to other medicines to improve their flavor or to correct disagreeable effects.

Dose—A teaspoonful of this to a cup of boiling water. Drink cold 1 or 2 cupfuls a day. Of the tincture, $\frac{1}{2}$ to $\frac{1}{2}$ fl. dr.

ALTHEA

(*Althea Officinalis*, Mallow Family).

Common Names—Sweet Weed, Wy-mote, Marsh Mallow.

Medicinal Part—The root.

Description—Althea is a perennial

2 to 4 feet high, having several wooly stems; leaves 1 to 3 inches long, serrate, both sides pubescent; flowers large, 1 to 2 inches in diameter, purple color.

Properties and Uses—The root is sweet and very mucilaginous when chewed, containing more than half its weight of saccharine viscous mucilage. It is, therefore, emollient, demulcent, pain-soothing and lubricating; serving to subdue heat and irritation, whilst, if applied externally diminishing the painful soreness of inflamed parts. It is for these reasons much employed in domestic poultices, and in decoction as a medicine for pulmonary catarrhs, hoarseness and irritative diarrhoea or dysentery and irritation of the vagina. Also the decoction acts well as a blend soothing collyrium for bathing inflamed eyes.

Dose—A teaspoonful of the root, to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



AMERICAN CENTAURY

(*Sabbatia Angularis*, Gentian Family).

Common Names—Rose Pink, Bitter-bloom, Bitter Clover.

Medicinal Part—The herb.

Description—This plant has a yellow fibrous, biennial root, with an erect, smooth, quadrangular stem, with the angles winged, having many opposite branches, and growing from one to two feet in height. The leaves are opposite, fine veined, smooth, entire, from one to five inches in length and from half an inch to one and a half inches wide, clasping the stem. The flowers are nu-

merous, from an inch and a quarter to an inch and a half in diameter, of a rich rose or carnation color, standing, as it were, at the tops of one umbril or tuft, very like those of St. John's Wort, opening themselves in the day time and closing at night, after which come seeds in little short husks, in forms like unto wheat corn. There are three varieties of the Centaury in England, one kind bearing white flowers, another yellow, and another red. All have medicinal properties, although the American variety is considered preferable to the European Centaury.

This plant is common to most parts of the United States, growing in moist meadows, among high grass, on the prairies, and in damp, rich soils, flowering from June to September. The whole herb is used. It has a very bitter taste, and yields its virtues to water or alcohol. The best time for gathering it is during the flowering season.

Properties and Uses—It is an excellent tonic. It is used in all fall periodic febrile diseases, both as a preventive and a remedy. It is also serviceable as a bitter tonic in dyspepsia and convalescence from fevers. When administered in warm infusion it is a domestic remedy for worms, and to restore the menstrual secretion.

Dose—Steep a teaspoonful of the herb, broken into small pieces, into a cup of boiling water, for half an hour. When cold drink 1 or 2 cupfuls a day, a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

AMERICAN SARSAPARILLA

(*Smilax Officinalis*, Ginseng Family).

Common Names—Small Spikenard.

Medicinal Part—The root.

Description—The stem of this plant is twining, angular and prickly, the young shoots being unarmed. The leaves are ovate-oblong, acute, cordate, smooth and about a foot long. The petioles are an inch long, bearing tendrils above the base. Botanically, nothing is known of the flowers. This plant grows in New Grenada, on the banks of the Magdaline, near Bajorque. Great quantities are sent to Mompox and Carthagena, and from thence to Jamaica and Cadiz.

The *Smilax Syphilitica*, *S. Papyracea*, *S. Medica*, *S. China*, and *S. Sarsaparilla*, are all members of the same family of plants, their medicinal qualities are similar, and they form the Sarsaparilla of commerce, with the exception of the *S. Sarsaparilla*, which is native to the United States, flowering from May to

2—May 22.

August. The American plant is the one we Americans should use. The plant extensively known in the South as Bamboo Brier, which is but a species of Sarsaparilla, certainly possesses medicinal qualities equal if not superior to commercial Sarsaparilla.

The Sarsaparilla of commerce consists of very long roots, having a thick bark of grayish or brownish color. They have scarcely any odor, but possess a mucilaginous taste. Those roots that have a deep orange tint are the best, and the stronger the acrid and nauseous qualities, the better are the properties of the root. Water and alcohol extract its medicinal qualities. By chemical analysis it contains salseparin, a coloring matter, starch, chloride of potassium, an essential oil, bassorin, albumen, pectic and acetic acid, and the several salts of lime, potassa, magnesia and oxide of iron.

Properties and Uses—An alterative. When properly prepared it exerts a favorable change over the system. It has great repute in syphilitic disease. In several chronic diseases, as of the skin, rheumatic affections, passive dropsy, etc., it is of service. Its chief use, however, is an adjuvant to other alteratives; its individual properties being too feeble to answer all the conditions required for an alterative.

Dose—A teaspoonful of the root to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

AMERICAN SENNA

(Cassia Marilandica, Senna Family).

Common Names—Wild Senna, Locust Plant.

Medicinal Part—The leaves.

Description—This is a perennial herb, growing from four to six feet high, with round, smooth and slightly hair stems. The leaves have long petioles, ovate at base; each petiole has eight or ten leaflets, which are oblong, smooth, mucronate, an inch or two long and quite narrow. The flowers are bright yellow, and the fruit is a legume from two to four inches long.

The American Senna is to be found from New England to Carolina, growing in rich soils here and there. It flowers from June to September, and the leaves are gathered for their medicinal value while the plant is in bloom. They yield their virtues to alcohol or water.

Properties and Uses—It is one of the

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most important herbal cathartics furnished by America, and is mentioned here solely on the ground that it is equally valuable as the foreign Senna, or ordinary Senna of the drug-shops, and costs much less.

Dose—Steep a teaspoonful of the leaves into a cup of boiling water for half hour. Drink a half cupful upon retiring at night, hot or cold. Or take a mouthful 3 times a day. One or 2 cupfuls may be taken. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.



Arnica

ARNICA
(*Arnica montana*.)

Common Name—Leopardsbane.

Part Used—Flowers.

Description—Arnica is a northern plant with large, delicate, pure yellow, daisy-like flowers. Its slightly hairy stem grows from 1 to 2 feet tall. The basal leaves are long-petioled, but the stem ones are sessile and opposite, shallow-toothed. At the summit are one to nine flower-heads on slender peduncles. About the central disc are 10 to 14 yellow rays, each with three notches in their ends. Found in Canada and the mountains of the northern United States.

Properties and Uses—A weak tea of these flowers renders good service for bowel troubles. Arnica tincture is very efficacious in healing wounds, bruises, etc. For healing nose sores and sore lips there is nothing superior. Arnica may also be used for the above purposes in the form of a salve. The salve is made by heating one ounce of the flowers with one ounce of lard for a few hours.

Dose—For internal use take $\frac{1}{2}$ tea-

spoonful of the flowers, cut small, to a pint of boiling water. Take one teaspoonful at a time as required; of the tincture, 2 to 5 min.

For external use take two heaping teaspoonfuls of the flowers to a cup of boiling water. Apply cold to the sores or wounds.

AMERICAN HELLEBORE

(*Veratrum Viride*, Bunchflower Family).

Common Names—Swamp Hellebore, Indian Poke, Itch-weed.

Medicinal Part—The rhizoma.

Description—This plant has a perennial, thick and fleshy rhizome, tunicated at the upper part, sending off a multitude of large whitish roots. The stem is from three to five feet high; lower leaves from six inches to a foot long, oval, acuminate; upper leaves gradually narrower, linear, lanceolate, and all alternate. The flowers are numerous and green, part of them barren.

American Hellebore is native to the United States, growing in swamps, low grounds and moist meadows, blossoming in June and July. The roots should be gathered in autumn, and as it rapidly loses its virtues, it should be gathered annually and kept in well-closed vessels. When fresh, it has a very strong, unpleasant odor, but when dried is almost inodorous. It has a sweetish-bitter taste, succeeded by a persistent acidity.

Properties and Uses—It has many very valuable properties. It is slightly acid, confining this action to the mouth and fauces. It is unsurpassed by any article as an expectorant. As a diaphoretic, it is one of the most certain of the whole materia medica, often exciting great coolness and coldness of the surface. In suitable doses it can be relied upon to bring the pulse down from a hundred and fifty beats in a minute to forty, or even thirty. Sometimes it renders the skin merely soft and moist, and at others produces free and abundant perspiration. In fevers, in some diseases of the heart, acute rheumatism, and in many other conditions which involve an excited state of the circulation, it is of exceedingly great value. As a deobstruent or alterative, it far surpasses iodine, and therefore used with great advantage in the treatment of cancer, scrofula and consumption. It is nervine, and never narcotic, which property renders it of great value in all painful diseases, or such as are accompanied with spasmodic action, convulsions, morbid irritability and irritative

mobility, as in chorea, epilepsy or fits, pneumonia, puerperal fever, neuralgia, etc., producing these effects without stupefying and torpifying the system, as opium is known to do. As an emetic, it is slow, but certain and efficient, rousing the liver to action, and vomits without occasioning prostration or exhaustion like other emetics, being the more valuable in not being cathartic. It is peculiarly adapted as an emetic in whooping cough, croup, asthma, scarlet fever, and in all cases where there is much febrile or inflammatory action. As an arterial sedative it stands unparalleled and unequalled, while in small doses it creates and promotes appetite beyond any agent known to medical men. It has recently come into use, and may be justly regarded as one of the most valuable contributions to the list of medicine.

Dose—Veratrum is usually given in the form of a tincture, the formula being of the dried root, eight ounces to sixteen ounces diluted .835 alcohol, macerating for two weeks, then to be expressed and filtered. To an adult eight drops are given, which should be repeated every three hours, increasing the dose one or two drops every time until nausea or vomiting or reduction of the pulse to sixty-five or seventy ensue, then reduce to one-half in all cases. Females and persons from fourteen to eighteen should commence with six drops and increase as above. For children from two to five years, begin with one drop, and increase one drop only. Below two years of age, one drop is sufficient. If taken in so large a dose as to produce vomiting or too much depression, a full dose of morphine or opium in a little brandy or ginger is a complete antidote. In pneumonia, typhoid fever, and many other diseases, it must be continued from three to seven days after the symptoms have subsided. In typhoid fever, while using the veratrum, quinia is absolutely inadmissible. It is administered in a little sweetened water, and its employment in moderate doses, or short of nausea, may be continued indefinitely without the least inconvenience.

As this is a very powerful and dangerous use, it should only be used by physicians.

The Helleborus, Niger, Black Hellebore, inhabiting the subalpine and southern parts of Europe, was formerly much used in palsy, insanity, apoplexy, dropsy, epilepsy, etc., but is now more or less

discarded. It has duretic and emmenagogue properties, but as it is very toxic in effects, its use is not to be advised in domestic practice.

AMERICAN IVY

(*Ampelopsis Quinquefolia*, Grape Family)

Common Names—Woodbine, Virginia Creeper, Five Leaves, False Grape, Wild Wood-vine.

Medicinal Parts—The bark and twigs.

Description—This is a woody vine, with a creeping stem, digitate leaves; leaflets amuminate, petiolate, dentate, and smooth; flowers inconspicuous, greenish, or white; and the fruit a berry acid, dark blue, and small.

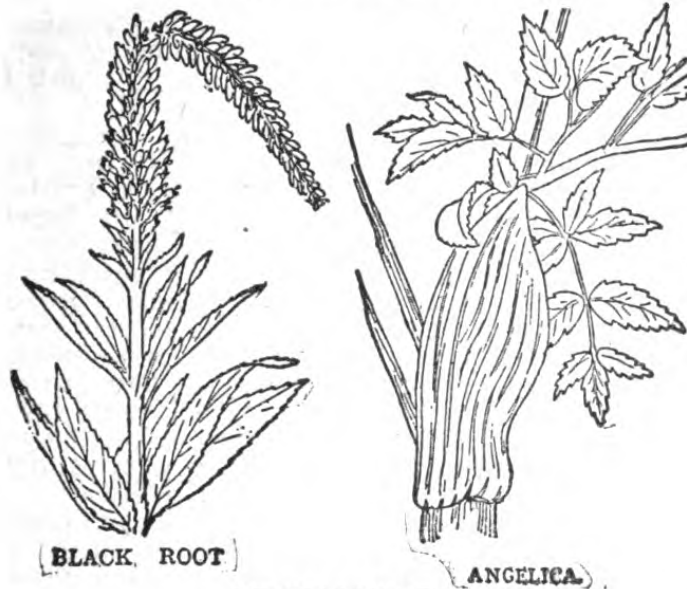
The American Ivy is a common, familiar, shrubby vine, climbing extensively, and, by means of its radiating tendrils, supporting itself firmly on trees, stone walls, churches, etc., and ascending to the height of from fifty to a hundred feet. The bark and the twigs are the parts usually used. Its taste is acrid and persistent, though not unpleasant, and its decoction is mucilaginous. The bark should be collected after the berries have ripened. It is like the ivy of England and other countries.

Properties and Uses—Alterative, tonic, astringent, and expectorant. It is used principally in form of syrup in scrofula, dropsy, bronchitis, and other pulmonary complaints. An old author affirms that there is a very great antipathy between wine and ivy, and therefore it is a remedy to preserve against drunkenness, and to relieve or cure intoxication by drinking a draught of wine in which a handful of bruised leaves of ivy have been boiled.

Dose—A teaspoonful of the bark or twigs, cut small or granulated to a cup of boiling water. Drink cold during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

Cure for Dropsy—Take one cupful of dried Cheese Plant and make a tea by steeping in a quart of boiling water until cold. Drink a cupful three times a day.

This is considered a permanent cure. A young boy in the old country had dropsy so bad that all of the doctors that saw him gave him only a short time to live, and as the mother was crying, thinking she had to lose her boy, an old woman came and gave this formula and the boy got well. He is a man today and has a big family. Writes C. D. of Chicago, Ill.

**ARCHANGEL**

(*Angelica Atropurpurea*, Parsley Family)

Common Names—Masterwort and *Angelica*.

Medicinal Parts—Root, herb and seed.

Description—This plant is five to six feet high. The root has a purple color; leaves ternate, with large petioles; calyx five-toothed, with equal petals, and the fruit a nut.

The plant is perennial, and grows in fields and damp places, from Labrador to Delaware and west to Minnesota, developing greenish white flowers from May to August. The plant has a powerful, peculiar, but not unpleasant odor, a sweet taste, afterwards pungent; but in drying it loses some of these qualities.

Properties and Uses—It is aromatic, stimulant, carminative, diaphoretic, expectorant, diuretic and emmenagogue. It is used in flatulent colic and heartburn. It is serviceable in diseases of the urinary organs.

Dose—A teaspoonful of seed to a cup or seed to a cup of boiling water. Drink cold 1 or 2 cupfuls a day. Of the tincture, $\frac{1}{2}$ to $\frac{1}{2}$ fl. dr.

BLACK ROOT

(*Leptandra Virginica*, Figwort Family).

Common Names—Culver's Physic, Tall Speedwell, Tall Veronica, Bowman's Root, *Leptandra*, Culver's Root.

Medicinal Part—The root.

Description—It is perennial, with a simple, straight, smooth, herbaceous stem and grows from three to four or five feet high. The leaves are short petioled, whorled in fours to sevens, lanceolate, acuminate, and finely ser-

rated. The flowers are white, nearly sessile, and very numerous. Calyx four-parted corolla small and nearly white; stamens, two. The fruit is a many seeded capsule.

This plant is indigenous to the United States, but is to be found in good condition only in limestone countries. It is often discovered in new soil, in moist woods, in swamps, etc., but its medicinal virtues are feeble, excepting when it is found where there is limestone. The root is the part used. It is perennial, irregular, horizontal, woody, and about as thick as the forefinger. It is gathered in the fall of the second year. The fresh root, after having been properly prepared, is what may be relied upon for beneficial effects.

Properties and Uses—The fresh root is too irritant to be used, although a decoction of it may, with care, be used in intermittent fever. The dried root is laxative, cholagogue, and tonic, and very much used in chronic hepatic disease. It is an excellent laxative in febrile diseases, and peculiarly applicable in billious and typhoid fevers. As a laxative and tonic it is very useful in dyspepsia, especially when associated with torpidity of the liver. In diarrhoea and dysentery as a cathartic it frequently effects a cure in one active dose. This admirable remedy is one of the ingredients of our Formula No. 99.

Dose—Steep a heaping teaspoonful of this root cut into small pieces into a cup of boiling water for half hour. When cold drink one cupful a day, a good mouthful at a time. Of the tincture, 10 to 30 min.

BARBERRY

(*Berberis Vulgaris*, Barberry Family).

Medicinal Part—Bark and berries.

Description—Barberry is an erect, deciduous shrub, from three to eight feet high, with leaves of an obovate-oval form, terminated by soft bristles, about two inches long, and one-third as wide. The flowers are small and yellow, in clusters, and the fruit bright-red oblong berries, in branches, and very acid.

This shrub is found in the New England states, on the mountains of Pennsylvania and Virginia, among rocks and hard gravelly soil. Occasionally it is found in the West on rich grounds. It flowers in April and May, and ripens its fruit in June. Its active principle is Berberina.

Properties and Uses—It is tonic and laxative, indicated in jaundice, chronic diarrhoea, and dysentery. The berries

form an agreeable acidulous draught, useful as a refrigerant in fevers; the bark of the root is the most active; a teaspoonful of the powder will act as a purgative. A decoction of the bark or berries will be found of service as a wash or gargle in aphthous sore mouth and chronic ophthalmia.

Dose—One teaspoonful to a cup of boiling water. Drink 1 or 2 cupfuls a day. Tincture, $\frac{1}{2}$ to 1 fl. dr.



BEARBERRY

(*Arctostaphylos Uva-Ursi*, Heath Family).

Common Names—Uva-Ursi, the Upland Cranberry, Arberry.

Medicinal Part—The leaves.

Description—Bearberry is a small, perennial shrub, having a long fibrous root. The stems are woody and trailing, bark smooth. The leaves are alternate, evergreen, obovate, acute, and have short petioles. The fruit is a small, scarlet colored drupaceous berry.

This plant is a perennial evergreen, common in the northern part of Europe and America. It grows on dry, sterile, sandy soils, and gravelly ridges. The berries ripen in winter, although the flowers appear from June to September. The green leaves, picked from the stems in the fall and dried in a moderate heat, are the parts used. These leaves are odorless until reduced to powder, when the odor emitted is like that of dried grass. The powder is of a light brown color, tinged with a yellowish green. The taste is astringent and bitterish. The properties of the leaves are extracted by alcohol or water.

Properties and Uses—Bearberry is especially astringent and tonic, depending upon these qualities for the most of its good effects. It is particularly useful in chronic diarrhoea, dysentery, profuse menstruation, piles, diabetes, and other similar complaints. It possesses rare curative principles when

administered for diseases of the urinary organs, more especially in chronic affections of the kidneys, mucous discharges from the bladder, inflammation of the latter organ, and all derangements of the water passages. It is also a valuable assistant in the cure of gonorrhoea of long standing, whites, ulceration of the cervix uteri (or neck of the womb), pain in the vesical region, etc. Many physicians now rely upon it as the basis of their remedy for gonorrhoea which is accompanied by mucous discharges, and for all kindred afflictions. Its tannic acid gives it great power in rectifying and extirpating the obstinate and disagreeable complaints we have mentioned.

Dose—Best results are obtained if the leaves are soaked in sufficient alcohol or brandy to just cover them and taking 1 teaspoonful of the soaked leaves to a cup of boiling water. Drink 2 or 3 cupfuls a day, cold. The tea may be made without the alcohol, of course, if desired. Of the tincture, 10 to 30 min.

BEECH DROPS

(*Orobanche Virginiana*, Broomrape Family).

Common Names—Cancer Root.

Medicinal Part—The plant.

Description—This is a parasitic plant, with a smooth, leafless stem from a foot to a foot and a half in height, with slender branches given off the whole length of it. The root is scaly and tuberous.

This plant is native of North America, and generally a parasite upon the roots of beech trees, flowering in August and September. The whole plant is of a dull red color, without any verdure. It has a disagreeable astringent taste. It yields its virtues to water and alcohol.

Properties and Uses—An eminent astringent. Used with benefit in fluxes and in diarrhoea, but possesses no property of curing cancer. It can be used with advantage in erysipelas. Locally applied to wounds, it prevents or arrests the process of mortification. It is also useful as an application to obstinate ulcers, aphthous ulcerations, etc. It exerts the same influence upon the capillary system as the mineral drug tincture of iron.

Dose—A teaspoonful of the plant to a pint of boiling water. Take a tablespoonful 2 to 4 times a day, cold. Of the tincture, 3 to 5 min.



Black Indian Hemp



Balm

BALM.

(*Melissa Officinalis*, Mint Family).

Common Names—Mellisa, Lemon-balm, Garden-balm, Sweet-balm.

Medicinal Part—The herb.

Description—Balm is a perennial herb, with upright, branching, four-sided stems, from ten to twenty inches high. The leaves are broadly ovate, acute, and more or less hairy. The flowers are pale yellow, with ascending stamens.

Balm is a native of France, but naturalized in England and the United States. It grows in fields, along roadsides, and is well known as a garden plant, flowering from May to August. The whole plant is officinal or medicinal and should be collected previous to flowering. In a fresh state it has a lemon-like odor, which is nearly lost by drying. Its taste is aromatic, faintly astringent, with a degree of persistent bitterness. Boiling water extracts its virtues. Balm contains a bitter extractive substance, a little tannin, gum, and a peculiar volatile oil. A pound of the plant yields about four grains of the oil, which is of a yellowish or reddish yellow color, very liquid, and possessing the fragrance of the plant in a high degree. The *Nepeta Citridora*, a powerful emmenagogue, is sometimes cultivated and employed by mistake for Balm. It has the same odor, but may be distinguished by having both surfaces of the leaves hairy.

Properties and Uses—It is moderately stimulant, diaphoretic, and antispasmodic. A warm infusion, drunk freely, is very serviceable to produce sweating, or as a diaphoretic in fevers. It is also very useful in painful menstruation, and also to assist the courses of females. When given in fevers, it may be rendered more agreeable by the ad-

dition of lemon juice. The infusion may be taken at pleasure.

Dose—Two teaspoonfuls to a cup of boiling water. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

BLACK INDIAN HEMP
(*Apocynum Canabinum*.)

Common Names—Canadian Hemp, Indian Hemp, Bowman's Root, Rheumatisms Weed, Amy Root, Indian Physic.

Part Used—The root.

Description—This plant is a native of America, growing wild in pastures and fields. It stands erect about 3 feet high and exudes a milky juice when broken. The leaves are in pairs exactly opposite each other, attached to the main stem by short stems. They are lanceolate with slightly oval ends, about 4 inches in length; upper surface smooth, lower surface silky hairs. Blooms in July, flowers in clusters, whitish, tinted with green. Seed pods are 6 to 8 inches long and pointed toward the end. The root is from 5 to 6 feet long and about $\frac{1}{2}$ inch thick, dividing near the end into small branches; color yellowish brown, old roots dark brown, wrinkled lengthwise. The fresh root emits a milky juice.

Properties and Uses—Black Indian Hemp contains Apocynin, tannin, resin, starch and bitter extractives. It is diuretic, diaphoretic, expectorant, tonic, antiperiodic, cardiac stimulant, alterative, antisiphilitic and cathartic. Very useful in rheumatism, dropsy, dyspepsia, intermittent, syphilitic affections, etc.

Dose—A teaspoonful of the root to a pint of boiling water. Take a teaspoonful of the tea 3 to 8 times a day; of the tincture, 2 to 5 min.

Consumption Balsam—Into a quart of cold water place contents of a 25c box Consumption Moss, four tablespoonfuls Lungwort, four tablespoonfuls Coughwort, four tablespoonfuls Water Plantain, one tablespoonful Gen tian. Boil down to one pint, when cold strain; add two cupfuls best strained honey and place in a large jar. Then steep contents of a 25c box of Balm Gilead Buds in a cupful of best brandy, let stand for seven days; strain off the brandy and add it to the honey and herb liquid in the jar. Mix well. **Dose**—A teaspoonful three to six times a day.

This is a most valuable formula for all pulmonary troubles and may be taken with impunity as it is entirely harmless.

**BILBERRY**

(Vaccinium Myrtillus).

Common Names—Whortle Berry, Blue Berry, Burren Myrtle.**Medicinal Parts**—Leaves and Berries.**Description**—Bilberry is a low shrub growing in sandy regions of the northern parts of the United States. Leaves are obovate, about one inch long, upper surface dark green and shiny. Flowers in May. They are reddish pink or white with red lips; 5 seeds resembling currants in appearance, but of a dark blue or black color, with a purplish bloom.**Properties and Uses**—The leaves are strongly astringent and somewhat bitter. They are of great value in diarrhoea and for diabetes. A mixture of equal parts of Bilberry leaves, Thyme and Strawberry leaves make an excellent tea for purifying the blood.**Dose**—A teaspoonful of the leaves or berries to a cup of boiling water. Drink cold, one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.**BITTER ROOT.**

(Apocynum Androsaemifolium, Dogbane Family).

Common Names—Dog's Bane, Milk Weed, Honeybloom, Bitter Root.**Medicinal Part**—The root.**Description**—This is a smooth, elegant plant, five or six feet high, with a large perennial root. The leaves are dark green above, pale beneath, ovate, and about two or three inches long and an inch wide. Corolla pink, calyx five-cleft, and stamens five. Fruit a follicle. Every part of the plant is milky.

This plant is indigenous to the United

States, growing in dry, sandy soils, and in the borders of woods, from Maine to Florida, flowering from May to August. When any part of the plant is wounded a milky juice exudes. The large, milky root is the part used for medicinal purposes. It possesses an unpleasant amaraous taste. It yields its properties to alcohol, but especially to water. Age impairs its medicinal quality.

Properties and Uses—Emetic, diaphoretic, tonic and laxative. It is very valuable in all liver or chronic hepatic affections. In conjunction with Yellow Parilla it is excellent in dyspepsia and amenorrhoea. As a laxative it is useful in constipation. As a tonic it stimulates the digestive apparatus, and thus effects a corresponding impression on the general system. It is also useful as an alterative in rheumatism, scrofula and syphilis.

Dose—One teaspoonful of the root to a pint of boiling water. Drink cold two or three tablespoonfuls six times a day. Of the tincture, 5 to 10 min.

BITTER SWEET

(Amara Dulcis, Solanum Dulcamara, Potato Family.)

Common Names — Mortal, Woody Nightshade, Felon Wort, Fever Twig, Violet-bloom, Scarletberry.

Medicinal Part—Bark of root and twigs.

Description—Bitter Sweet is a woody vine, with a shrubby stem several feet in length, having an ashy green bark. Leaves acute, and generally smooth, lower ones cordate, upper ones hastate. The flowers are purple, and the fruit a scarlet, juicy and bitter berry, which, however, should not be eaten or used.

Bitter Sweet is common to both Europe and America, growing in moist banks, around dwellings and in low damp grounds, about hedges and thickets, and flowering in June and July. The berries ripen in autumn, and hang upon the vines for several months. After the foliage has fallen the twigs should be gathered. Boiling water and diluted alcohol extract their virtues.

Properties and Uses—It is a mild narcotic, diuretic, alterative, diaphoretic and discutient. It is serviceable in cutaneous diseases, syphilitic diseases, rheumatic and cachectic affections, ill-conditioned ulcers, scrofula, indurations, sores, glandular swellings, etc. In obstructed menstruation it serves a good purpose. It is of incalculable benefit in leprosy, tetter and all skin diseases. It excites the venereal functions, and

is in fact capable of wide application and use. I regard this plant as important as any in the herbal kingdom, and too little justice is done to it by those under whose care the sick are entrusted. It receives but half the homage that is due to it.

Dose—Two teaspoonfuls of the root to a pint of boiling water. Drink cold, 2 or 3 tablespoonfuls six times a day. Of the tincture, 10 to 20 min.



BIRCH.

(*Betula Lenta.*)

Common Name—Sweet Birch.

Parts Used—Leaves and Bark.

Description—Birch is a medium sized tree, 45 to 50 feet high, ovate in contour, the dark brown trunk fairly straight, often measuring 5 feet in diameter. The upper branches ascending, the lower ones nearly horizontal, slender and often drooping. Bark dark slate gray; brown on younger trees and their slender branches smooth, not peeling, strongly marked with horizontal lines resembling the bark of the cherry tree; on old trees broken into irregular gray brown plates. The leaves grow alternately in pairs; they are pointed-ovate, bright green above, lighter beneath, smooth and more or less heart shaped at the base, finely toothed, sharp pointed. The pistillate catkins about 1 inch long are produced only once in 3 or 4 years; staminate catkins, about 3 inches long, in clusters.

Properties and Uses—The bark is aromatic and anti-rheumatic. Beer is

often made from the sap of this tree, and oil wintergreen is distilled from its inner bark and twigs.

The leaves are useful to purify the blood and promote the discharge of the urine and to expel worms. They are also useful for gout and rheumatism.

Dose—One teaspoonful of bark or leaves to a cup of boiling water. Drink 1 or 2 cups a day. Tincture, $\frac{1}{2}$ to $\frac{1}{2}$ fl. dr.

BLUE VERVAIN

(Verbena Hastata, Vervain Family).

Common Names—Wild Hyssop, Simpler's Joy, Indian Hyssop.

Medicinal Part—The root and herb.

Description—Vervain is an erect, tall, elegant and perennial plant, with a four-angled stem three or four feet high, having opposite branches. The leaves are petiolate, serrate, acuminate and hastate. The flower is a small purplish blue one, sessile, and arranged in long spikes. Seeds, four.

Vervain is indigenous to the United States, and grows along roadsides and in dry, grassy fields, flowering from June to September. It is also found in England, growing among hedges, by the way-side, and other waste grounds, flowering in July, and the seeds ripening soon after.

Properties and Uses—Vervain is tonic, expectorant, sudorific; and antispasmodic. It is serviceable in mensesmenstruation. It is an antidote to poke-poisoning. It expels worms, and is a capital agent for the cure of all diseases of the spleen and liver. If given in intermittent fever, in a warm infusion or powder, it never fails to effect a cure. In all cases of cold and obstinate menstruation it is a most complete and advantageous sudorific. When the circulation of the blood is weak and languid, it will increase it and restore it to its proper operation. The infusion, taken cold, forms a good tonic in cases of constitutional debility, and during convalescence from acute diseases. Its value has been found to be great in scrofula, visceral obstructions, and stone and gravel. It will correct diseases of the stomach, help coughs, wheezing and shortness of breath, etc., but its virtues are more wonderful still in the effect they produce upon epilepsy, or falling sickness and fits.

This great—very great—medicinal value of this plant was brought to my attention by an accidental knowledge of the good it had effected in a long-standing case of epilepsy. Its effects

in that case were of the most remarkable character, and I was, therefore, led to study most carefully and minutely its medicinal peculiarities. I found, after close investigation and elaborate experiment, that, prepared in a certain way, and compounded with Boneset, Water Pepper, Chamomile Blossoms, and the best of whiskey, it has no equal for the cure of fits, or falling sickness, or anything like fits; also for indigestion, dyspepsia and liver complaints of every grade. A more valuable plant is not found within the whole range of the herbal pharmacopoeia.

Dose—Two teaspoonfuls of the herb to a pint of boiling water. Drink cold, two or three teaspoonfuls six times a day. Of the tincture, 10 to 20 min.



BELLADONNA

(*Atropa Belladonna*).

Common Names—Deadly Night Shade, Dwale, Black Cherry.

Medicinal Part—The leaves.

Description—This perennial herb has a thick, fleshy, creeping root, and an annual erect leafy stem about three feet high. Leaves ovate, acute, entire, on short petioles, and of a dull green color. The flowers are dark purple, and fruit a many-seeded berry.

This plant is common to Europe, growing among ruins and waste places, blossoming from May to August, and maturing its fruit in September. The leaves should be gathered while the plant is in flower. They yield their virtues to water and alcohol.

Properties and Uses—Belladonna is an energetic narcotic. It is anodyne, antispasmodic, calmative, and relaxant;

exceedingly valuable in all convulsive diseases. It is much used as a preventative of scarlatina, and as a cure for whooping-cough. It dilates the pupil of the eyes very measurably, and they should always be watched whenever the plant is administered. In the hands of the educated herbal physician it is a very useful remedy; but I caution my readers not to use it in domestic practice, as it is too powerful and dangerous.

Dose—Steep 1 teaspoonful of the leaves into a pint of boiling water. When cold take 1 to 2 teaspoonfuls of the tea 2 or 3 times a day. Of the tincture, $\frac{1}{2}$ to 1 min.

BRYONIA.

(*Bryonia Alba*.)

Common Names—Wild Bryony, White Bryony.

Parts Used—The root.

Description—Bryony is a perennial climber, native of Europe, but cultivated here. Leaves heart shaped, 5-lobed; flowers small, greenish white or yellowish; fruit, berries size of a pea, of a black color. Root spindle shaped 1 to 2 feet long, fleshy.

Properties and Uses—The dried root of Bryony is inodorous, bitter and contains bryonin, starch, gum, fat, malates, etc. It yields its properties to alcohol or hot water. Useful in dropsy, epilepsy, hysteria, bronchitis, whooping cough, rheumatism, swollen glands, etc. It is very powerful and poisonous in large doses.

Dose—A teaspoonful of the granulated root to a pint of boiling water. Take 1 teaspoonful of this tea at a time as required, every 1 or 2 hours if necessary. Tincture, 5 to 20 min.

BLACK ALDER

(*Prunus Verticillatus*, Holly Family).

Common Names—Winterberry, Feverbush.

Medicinal Parts—The bark and berries.

Description—This is an indigenous shrub of irregular growth, with a stem six or eight feet in height; bark bluish gray and alternate branches. The leaves are ovate, acute at the base, olive green in color, smooth above and downy beneath. Flowers small and white; calyx small and six-cleft; corolla divided into six obtuse segments. The fruit when ripe consists of glossy, scarlet, roundish berries, about the size of a pea, containing six cells and six seeds. Several of these berries are clustered together, so as to form little bunches at irregular intervals on

the stem. In the latter part of autumn, after the leaves have fallen, they still remain attached to the stem, and render the shrub a striking object in the midst of the general nakedness of vegetation. Hence the plant is often called Winterberry.

Black Alder is common throughout the United States and England, growing in moist woods, swamps, etc., flowering from May to July, and maturing its fruit in the latter part of autumn. It yields its virtues to water by decoction or infusion. The bark has a bitterish, sub-astringent taste, and the berries have a sweetish taste.

Properties and Uses—It is tonic, alterative and astringent. It is very beneficial in jaundice, diarrhoea, gangrene, dropsy and all diseases attended with great weakness. Two teaspoonfuls of the powdered bark and one teaspoonful of powdered Golden Seal infused in a pint of boiling water, and, when cold, taken in the course of the day, in doses of a wineglassful, and repeated daily, has proved very efficacious in dyspepsia. Externally the decoction forms an excellent local application in gangrene, indolent ulcers, and some affections of the skin. The berries are cathartic and vermifuge, and form, with cedar apples, a pleasant and effectual worm medicine for children.

Dose—A teaspoonful of the bark or berries to a cup of boiling water. Drink cold 1 or 2 cupfuls a day. Of the tincture 15 to 30 min.

BLUE COHOSH

(*Caulophyllum Thalictroides*, Barberry Family).

Common Names—Papoose Root, Squaw Root.

Medicinal Part—The root.

Description—This is a smooth, glaucous plant, purple when young, with a high, round stem, one to three feet high. Leaves biternate or triternate, leaflets oval, petiolate, pale beneath, and from two to three inches long. The flowers appear in May or June.

It is a handsome perennial plant, growing in all parts of the United States, near running streams, and in low, moist, rich grounds; also in swamps and on islands. The seeds, which ripen in August, make a decoction which closely resembles coffee. The berries are dry and rather mawkish. Its active principle is Caulophyllin.

Properties and Uses—It is principally used as an emmenagogue, parturient, and antispasmodic. It also possesses

diuretic, diaphoretic and anthelmintic properties. It is employed in rheumatism, colic, cramps, hiccough, epilepsy, hysteria, uterine inflammations, etc. It is a valuable remedy in all chronic uterine diseases, but should be given in combination with such other remedies as the case requires.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 10 min.



BLUE FLAG

(*Iris Versicolor*, Iris Family).

Common Names—Iris, Flag Lily, Liver Lily, Water Flag, Snake Lily.

Medicinal Part—The rhizome.

Description—Blue Flag is common throughout the United States, growing in moist places, and bearing blue or purple flowers from May to July. The root has a peculiar odor, augmented by rubbing or pulverizing, and a disagreeable taste. It imparts its virtues to boiling water, alcohol, or ether. The root should be sliced transversely, dried and placed in dark vessels, well closed, and placed in a dark place; it will then preserve its virtues for a long time.

Properties and Uses—This is one among our most valuable medicinal plants, capable of extensive use. It is alterative, cathartic, sialogogue, vermifuge and diuretic. In scrofula and syphilis it acts as a powerful and efficient agent, and I employ it in my special treatment of chronic disease extensively and successfully. It is useful in chronic hepatic, renal and splenic affections, but had best be com-

bined with mandrake, poke, black cohosh, etc. It will sometimes salivate, but it need cause no apprehension; and when this effect is established it may be distinguished from mercurial salivation by absence of stench, sponginess of the gums, and loosening of the teeth.

Dose—One teaspoonful of the root to a pint of boiling water. Drink cold, 2 or 3 tablespoonfuls six times a day. Of the tincture, 5 to 10 min.

BUCK BEAN

(*Menyanthes Trifoliata*, Gentian Family.)

Common Names—Bogbean, Bog Myrtle, Water Shamrock, Marsh Trefoil.

Medicinal Parts—The root, rhizome and dried leaves.

Description—This is a perennial herb, 8 to 12 feet high. The root is $\frac{1}{2}$ inch thick, long jointed, branching and black. Leaves on petioles 4 to 6 inches long, ternate, leaflets sessile 2 to 3 inches long, obtuse, obovate, entire and sometimes crenate, smooth, pale green. It may be easily recognized growing in water by its large leaves overtopping the surface. The flowers when in bud are of a bright rose color and when fully open have the inner surface of their petals thickly covered with a white fringe often referred to as "white fluff."

Properties and Uses—A tea of Bog Bean improves digestion and promotes and improves the gastric juices. It gives quick relief in stomach and liver complaints. It is valuable in rheumatism, scrofula, scurvy, dropsy, intermittents, jaundice, dyspepsia and worms.

Dose—A teaspoonful of the root, rhizome or dried leaves, cut small or granulated to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

Consumption—"I was taken down with Bronchitis, which turned into consumption of the lungs. I doctored for one year and then the doctors said they could do me no good. A friend recommended Coltfoot or Coughwort, which grows all over the fields. I used to go out and pick it and dry it myself. Take a large handful of the plant and place into 3 pints of water. Boil down to 2 pints; strain and cool. Sweeten with honey if desired. Drink a wineglassful the first thing every morning and upon retiring at night. I took it 90 days and was entirely cured. This was 30 years ago and I have good lungs and a good developed chest." Writes J. T. ...

**BUGLE WEED.**

(Lycopus Virginicus.)

Common Names—Water Bugle, Gipsy Wort.**Part Used**—The Herb.**Description**—This plant is native to the United States. It has a smooth, obtusely quadrangular stem, $\frac{1}{2}$ to 2 feet high; leaves 2 inches long, illiptic, glandular, flowers purple, 4-lobed, stamens 2, mint odor and bitter taste. The root is perennial, creeping.**Properties and Uses**—It is tonic, astringent, sedative and mild narcotic. Useful in diminishing the frequency of pulse, quieting irritation and allaying cough. Also valuable in hemorrhages, diarrhoea, dysentery, etc.**Dose**—A teaspoonful of the herb, cut small, to a cup of boiling water. Drink cold, one or two cupfuls a day; a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.**BLACK COHOSH**

(Cimicifuga Racemosa, Crowfoot Family).

Common Names—Rattleroot, Squaw Root, Black Snake Root.**Medicinal Part**—The root.**Description**—This plant is a tall, leafy perennial herb, with a large knotty root, having long slender fibres. The stem is simple, smooth, and furrowed, and from three to nine feet high. The flower is a small and fetid one.

It is a native of the United States, inhabiting upland woods and hillsides.

and flowering from May to August. The root is the medicinal part. It contains a resin, to which the names of *Cimicifugin* or *Macroton* have been given; likewise fatty substances, starch, gum, tannic acid, etc. The leaves of *Cimicifuga* are said to drive away bugs; hence its name from *cimex*, a bug, and *fugo*, to drive away.

Boiling water takes up the properties of the root but partially, alcohol wholly.

Properties and Uses—It is a very active and useful remedy in many diseases. It is slightly narcotic, sedative, antispasmodic, and exerts a marked influence over the nervous system. It is successfully used in cholera, periodical convulsions, fits, epilepsy, nervous excitability, asthma, delirium tremens, and many spasmodic affections, and in consumption, cough, acute rheumatism, neuralgia and scrofula. Also, very valuable in amenorrhoea, dysmenorrhoea and other menstrual and uterine affections, leucorrhoea, etc. The saturated tincture of the root is a valuable embrocation in all cases of inflammation of the nerves, *tic douloureux*, crick in the back or sides, rheumatism, old ulcers, etc. It has an especial affinity for the uterus and as it reduces very materially the arterial action, it is, hence, very useful in palpitation of the heart and cardiac affections generally.

It exerts a tonic influence over mucous and serous tissues, and is a superior remedy in a variety of chronic diseases.

Dose—Two teaspoonfuls of the root to a pint of boiling water. Drink cold, two or three tablespoonfuls six times a day. Of the tincture, 10 to 20 min.

BOX WOOD

(*Buxus Sempervirens*, Dogwood Family)

Common Names—Box, Bush Tree, Flowering Dogwood.

Medicinal Part—The leaves.

Description—Box Wood is a small, dense-leaved, hard-wood, evergreen tree. The leaves are ovate, deep shining green, becoming red in autumn; flowers pale yellow; and the fruit a six-seeded globular capsule.

The Box Wood tree is a native of the West of Asia, but grows on dry hills and sandy elevations generally in Europe, and but rarely on similar soil in America.

Properties and Uses—It is cathartic, sudorific and alterative. The preparations of the leaves are excellent for the

expulsion of worms, for purging the bowels, and regulating the action of the liver; for breaking fevers, and for purifying the blood and glandular secretions. In syrup it is very valuable as a cure for all diseases of a syphilitic character. When intestinal worms are to be destroyed or expelled, the powdered leaves are usually administered in, to children, doses of five grains; to adults, in doses of from ten to fifteen grains. It possesses antispasmodic qualities, and has been given with good effect in hysteria, epilepsy, chorea (St. Vitus' Dance), etc. Chips of the wood used as a tea are useful in chronic rheumatism. The chief value of the Box Wood, however, centers in its anti-syphilitic virtues. If combined with corydalis (Turkey Pea) and Stillingia, it is claimed to be an excellent remedy for syphilis in the first, second, or third stages; also certain forms of scrofula and scurvy. In other diseases it is no better than many other plants mentioned in this book.

The reader will do well to remember that the common garden possesses the medicinal qualities of the Box Wood to a feeble extent only. The powerful antisiphilitic virtues of which I have spoken can be procured only from the leaves of the tree reared in Asia, the influences of that climate being requisite to perfect them. To be sure to get the genuine Box Wood leaves send your order direct to Indiana Herb Gardens, P. O. Box 5, Hammond, Ind.

Dose—One heaping teaspoonful of the leaves, broken into small pieces, to a cup of boiling water. Boil five minutes. Strain and thicken with honey. Dose, one teaspoonful three times a day.

Tobacco Habit Remedy—Chew the dried herb of Indian Balsam mixed with Sweet Root or Licorice in place of tobacco. It satisfies the craving for smoking and chewing of tobacco and is beneficial for all ills of the throat and bronchial tubes. Cannot do harm. Price, per box, 50c.

Asthma—"A syrup made from the bark of Wild Plum is a sure cure for asthma. It has cured six cases in this town alone. The syrup is made by steeping a handful of the bark of Wild Plum into a quart of water. Boil down to 1 pint and add sugar to make a syrup. Dose, 3 or 4 tablespoonfuls during the day." Writes C. D. S., Elyria, Ohio.

**BLOOD ROOT.**

(*Sanguinaria Canadensis*, Poppy Family)

Common Names—Red Puccon, Indian Plant, Tetterwort, *Sanguinaria*.

Medicinal Part—The root.

Description—Blood root is a smooth, herbaceous, perennial plant, with a fibrous root, which when cut or bruised emits an orange-colored juice. For each bud of the root stalk there springs a single leaf about six inches high, and which is cordate and reniform. The flower is white, stamens short, and anthers yellow. The fruit is a two-valved capsule.

Blood Root grows throughout the United States, in shaded woods and thickets, and rich soils generally, and flowers from March to June. Although the whole plant is medicinal, the root is the part chiefly used. The fresh root is fleshy, round and from one to four inches in length, and as thick as the fingers. It presents a beautiful appearance when cut and placed under a microscope, seeming like an aggregation of minute precious stones. The fried root is dark brown outside, bright yellow inside; has a faint virose odor, and a bitter and acrid taste. It may be readily reduced to powder. Its active properties are taken up by boiling water or by alcohol. Age and moisture impair the qualities of the root, and it is of the utmost consequence to get that which has been properly gathered, and not kept too long.

Properties and Uses—The actions of Blood Root vary according to administration. In small doses it stimulates the digestive organs, acting as a stimulant and tonic. In large doses it is an arterial sedative. It is useful in bronchitis, laryngitis, whooping-cough, and other affections of the respiratory organs. It excites the energies of a torpid liver, and has proved beneficial in scrofula, amenorrhoea and dysentery. Applied to fungous growths, ulcers, fleshy excrescences, cancerous affections, the powder acts as an excharotic, and the infusion is often applied with benefit to skin diseases.

Dose—Steep a level teaspoonful of the root into a pint of boiling water for half hour. Strain. When cold take a teaspoonful 3 to 6 times a day. Of the tincture, $\frac{1}{2}$ to 1 min.



Burdock

BURDOCK

(Arctium Lappa).

Common Names—Clotburr, Bardana.

Medicinal Part—Root and seed.

Description—Burdock is a coarse biennial weed growing in the northern parts of the United States, 2 to 6 feet high, branched. Leaves cordate oblong, dentate, rough, petiolate. Flowers purple, from July to September.

Properties and Uses—The root should be dug in the fall or early spring. Only one-year-old roots should be used. It is diaphoretic, diuretic, alterative, aperient and depurative. Of excellent service in rheumatism, gout, pulmonary catarrh, chronic skin diseases, syphilis, scrofula and urinary deposits. Externally it is valuable in salves or as a

wash for eruptions, burns, wounds, hemorrhoids and swellings.

Dose—A teaspoonful of the root to a cup of boiling water. Drink cold 1 or 2 cupfuls a day. A large mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.



BONESET

(*Eupatorium Perfoliatum*, Aster Family).

Common Names—Thoroughwort, Indian Sage, Ague Weed, Crosswort, *Eupatorium*.

Medicinal Part—The tops and leaves.

Description—Boneset is an indigenous perennial herb, with a horizontal crooked root; the stems being rough and hairy, from one to five feet high, and the leaves veiny, serrate, rough and tapering to a long point. The flowers are white and very numerous.

Boneset grows in low ground, on the borders of swamps and streams, throughout the United States from Canada to Florida, west to Texas and Nebraska, flowering in August and September. Alcohol or boiling water extracts the virtues of the parts used. It has a feeble odor, but a very bitter taste. It contains tannin and the extractive salts of potassa. It is called Boneset on account that it was formerly supposed to cause rapid union of broken bones.

Properties and Uses—It is a very valuable medicinal agent. The cold infusion or extract is tonic and aperient, the warm infusion diaphoretic and emetic. As a tonic it is very useful in remittent, intermittent and typhoid fevers, dyspepsia and general debility. In intermittent fever a strong infusion, as hot as can be comfortably swallowed, is administered for the purpose of vomiting freely. This is also at-

tended with profuse diaphoresis, and, sooner or later, by an evacuation of the bowels. During the intermission the cold infusion or extract is given every hour as a tonic and antiperiodic. In epidemic influenza the warm infusion is valuable as an emetic and diaphoretic, likewise in febrile diseases, catarrh, colds and wherever such effects are indicated. The warm infusion is also administered to promote the operation of other emetics. Externally, used alone or in combination with hops or tansy, etc., a fomentation of the leaves applied to the bowels is very useful in inflammation, spasms, and painful affections.

Dose—Steep a level teaspoonful of the herbs into a cup of boiling water for half hour. Strain. When cold take a teaspoonful three to six times a day. Of the tincture, 10 to 40 min.



Bramble

BRAMBLE

(*Rubus Villosus*, Rose Family.)

Common Names—Blackberry, Dew-berry, Gout Berry, Cloud Berry.

Medicinal Parts—Leaves, roots and fruit.

Description—This is a trailing plant, with slender branches, growing in sandy or dry soil in the northeastern and middle parts of the United States. The stems are armed with stout recurved prickles. Flowers white, about 1 cm broad. Fruit black, pulpy and delicious to eat, much used for making wine and brandy.

Properties and Uses—This shrub is rich in tannin and is therefore a good astringent and tonic. It is also useful as a remedy for indigestion, coated tongue and tenacious and offensive saliva.

Dose—A teaspoonful of the root or leaves to a cup of boiling water. Drink cold, one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



**No. 132—Herbs, \$1 box. Tablets, \$1 box.
Liquid, \$1 bottle; 6 for \$5.**

**Swamp Root Compound—For Kidney
and Bladder troubles; excellent for male
or female.**

Lily Root, 6 teaspoonfuls.

Swamp Mallow, 6 teaspoonfuls.

Bear Berry, 8 teaspoonfuls.

Colic Root, 2 teaspoonfuls.

Cheese Plant, 6 teaspoonfuls.

Swamp Sassafras, 7 teaspoonfuls.

Steep a heaping teaspoonful of these mixed herbs in a cup of boiling water for half an hour. Drink one or two cups a day.

If it is desired to bottle this remedy, steep 10 teaspoonfuls of the mixed herbs in a pint of hot water $\frac{1}{2}$ hour. Add half cup of brandy. Dose—Two tablespoonfuls 2 to 6 times daily.

Inflammatory Rheumatism and Gout—

"The following is a very good remedy for inflammatory rheumatism and gout and has a good reputation in Australia. In 3 quarts of water place 1 ounce Blue Flag Root, 1 ounce Buck Bean, 1 ounce Sassafras. Boil 1 hour. Strain and add one-half pound sugar. Dose, a wineglassful 4 times daily." Writes C. M., Flemington, Victoria, Australia.

**BRIER HIP**

(Rosa Canina).

Common Names—Sweet Brier, Dog Rose, Witches Brier.

Medicinal Part—The flowers and hips.

Description—Brier is a bushy shrub, 2 to 3 feet high, stems numerous, covered with prickles and a few sharp spines; leaves alternate, imparipinnate, two pairs opposite leaflets, these nearly sessile, ovate, rounded at base, acute at apex, serrate, pale, hairy below, leaf-serratures not edged with glands; flowers large, petals five in the wild state, more when cultivated, rich crimson; fruit (hip) scarlet to orange-red, oblong; containing many 1-seeded achenes, calyx persistent. The petals are usually in small cones, consisting of many imbricated roundish retuse, deep purplish-red, yellow-clawed petals, characteristic, fine rose-like odor; bitterish, slightly acidulous, distinctly astringent taste.

Properties and Uses—The flowers are tonic, mild astringent, and carminative. Useful in uterine and other hemorrhages, aphthae, ulcers of mouth, ears, anus, inflamed eyes, chapped hands, burns, flavoring vehicle, perfumery.

Brier Hips are recommended as a most valuable remedy in gravel and kidney troubles.

Dose—A teaspoonful of the flowers or hips to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



BROOM

(*Cytisus Scoparius*.)

Common Names—Link, Genista. Ban-nal.

Part Used—Tops.

Description—The Broom is a leguminous shrub, common in our rural districts. It grows 4 to 8 feet high. Leaves are small, alternate, oblong downy, trifoliate. Flowers racemes, brilliant yellow; bloom from May to June. Fruit a pod containing 12 to 18 seeds.

Properties and Uses—The Broom Tops are purgative and act powerfully on the kidneys and increase the flow of urine. This tea is of great service in dropsy from weak heart. It is often used in equal parts with the root Dandelion for cleansing kidneys and bladder and in cases of gravel.

Dose—A teaspoonful of the tops to a cup of boiling water. Drink cold, 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

BUCHU LEAVES

(*Barosma Crenata*).

Common Names—Bookoo.

Medicinal Part—The leaves.

Description—This plant has a slender, smooth, upright, perennial stem, between two and three feet high. The leaves are opposite, flat, about an inch long, ovate or obovate, acute, serrated and dotted. The flowers are pink, and fruit an ovate capsule.

The Buchu Plant is a native of Southern Africa. It does not grow very prolifically. There are two other varieties from which the leaves are taken, and which are of equal value

with the *Barosma Crenata*. The leaves are the parts which are termed officinal. The Hottentots gather these leaves (which emit a sort of an unpleasant minty odor) and powder them. "The powder," says a traveler, "they have named Booko, and they use it for anointing their bodies." They also distil the leaves, and obtain from them a strong spirituous liquor somewhat resembling pale brandy, which they not only use for convivial purposes, but for the cure of various diseases, particularly those which are located in the stomach, bladder, bowels and kidneys. As we get the leaves they are $\frac{1}{2}$ to 1 inch in length, and from a sixth to half an inch in width, elliptical, lanceolate, slightly acute, or shorter and obtuse; their margin is serrated and glandular, upper surface smooth, and of a clear shining green, the under surface paler, with scattered oil points. They have to be kept very carefully, if their odor and virtues are desired to be thoroughly preserved for any reasonable length of time. The leaves of all the varieties are somewhat similar, and possess about the same qualities. They yield their volatile oil and extractive (upon which their virtues are mainly dependent) to alcohol or water.

Properties and Uses—Buchu is aromatic and stimulant, diuretic and diaphoretic. It is employed in dyspepsia with a palliative effect, but is chiefly administered in chronic inflammation of the bladder, irritation of the membrane of the urethra, uric acid gravel, diabetes in its first stage, and in incontinence of urine. It is recommended without good reason for cutaneous and rheumatic affections.

Dose—Steep a teaspoonful of these leaves, broken into small pieces, into a cupful of boiling water for half hour. When cold drink one or two cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

BUCKHORN BRAKE

(*Osmunda Regalis*, Royal Fern Family).

Common Names—Male Fern, King's Fern, Royal Flowering Fern.

Medicinal Part—The root.

Description—This Fern has a hard, scaly, tuberous root, quite fibrous and a whitish core in the center. The fronds are three or four feet high, bright green, and doubly pinnate. The numerous leaflets are sessile and oblong, some of the upper ones cut.

This beautiful Fern is found in meadows and low, moist grounds

throughout the United States, blossoming in June. The main root or caudex is the officinal part; it is about two inches long, and has the shape of a buck's horn. It contains an abundance of mucilage, which is extracted by boiling water. The roots should be collected in August, or about the latter part of May, and dried with great care, as they are apt to become mouldy.

The *Osmunda Cinnamomea*, or cinnamon-colored Fern, is inferior to the preceding, but is frequently used for the same medical purposes.

Properties and Uses—Mucilaginous, tonic and styptic. Used in coughs, diarrhoea and dysentery; also used as a tonic during convalescence from exhausting diseases. One root, infused in a pint of hot water for half an hour, will convert the whole into a thick jelly, very valuable in leucorrhoea and other female weaknesses. The mucilage mixed with brandy is a popular remedy as an external application for sublaxations and debility of the muscles of the back. fused in hot water, sweetened, and ginger, cinnamon, brandy, etc., added.

Dose—Steep a heaping teaspoonful of this root, cut into small pieces, into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouth ful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

BETH ROOT

(*Trillium Pendulum*, Lily of the Valley Family.)

Common Names—Wake Robin, Indian Balm, Ground Lily, Birth Root, Cough Root, Jewsharp, Snakebite.

Medicinal Part—The root.

Description—This is an herbaceous, perennial plant, having an oblong tuberous root, from which arises a slender stem from ten to fifteen inches high. The leaves are three in number, acuminate, from three to five inches in diameter, with a very short petiole. The flowers are white, sepals green, petals ovate and acute, styles erect, and stigmas recurved.

This plant is common in the Middle and Western states, growing in rich soils and shady woods, flowering in May and June. There are many varieties, all possessing analogous medicinal properties. These plants may be generally known by their three net-veined leaves, and their solitary terminal flower, which varies in color in the different species, being whitish-yellow and reddish-white. The roots have a faint turpentine odor, and a peculiar aro-

matic and sweetish taste. When chewed they impart an acid astringent impression to the mouth, causing a flow of saliva and a sensation in the throat and fauces.



Properties and Uses—It is astringent, tonic and antiseptic, and is successfully employed in bleeding from the lungs, kidneys and womb, excessive menstruation, and likewise in leucorrhoea or whites, and cough, asthma and difficult breathing. Boiled in milk, it is of eminent benefit in diarrhoea and dysentery. The root made into a poultice is very useful in tumors, indolent and offensive ulcers, stings of insects, and to restrain gangrene; and the leaves boiled in lard are a good application to ulcers, tumors, etc. The red Beth Root will check ordinary epistaxis, or bleeding of the nose. The leaves boiled in lard is a good external application in ulcers and tumors.

Dose—One teaspoonful of the root to a cup of boiling water. Drink hot or cold upon retiring at night. One or two cupfuls may be taken a day. Of the tincture, $\frac{1}{4}$ to $\frac{1}{2}$ fl. dr.

Piles—"Here is an excellent remedy for piles. Take $\frac{1}{2}$ ounce of the root of Smart Weed and boil with 2 ounces of lard for 1 hour. Strain and it is ready for use. Apply 3 or 4 times daily." Writes N. A. J., Johnsburg, Ind.

CRAWLEY

(*Corallorhiza Odontorhiza*, Orchid Family.)

Common Names—Dragon's Claw, Coral Root, Chickentoe.

Medicinal Part—The root.

Description—This is a singular, leafless plant, with coral-like root stocks. The root is a collection of small fleshy tubers; the flowers, from ten to twenty in number, are of a brownish-green color, and the fruit a large oblong capsule.

The plant is a native of the United States, growing about the root of trees, in rich woods, from Maine to Florida, flowering from July to October. The entire plant is destitute of verdure. The root only is used for medicinal purposes. It is small, dark brown, resembling cloves, or a hen's claws; has a strong, nitrous smell, and a mucilaginous, slightly bitter astringent taste.

Properties and Uses—It is probably the most powerful, prompt and certain diaphoretic in the materia medica; but its scarcity and high price prevents it from coming in general use. It is also sedative, and promotes perspiration without producing any excitement in the system. Its chief value is as a diaphoretic in fevers, especially in typhus, and inflammatory diseases. It has proved effectual in acute erysipelas, cramps, flatulency, pleurisy and night-sweats; it relieves hectic fever without debilitating the patient. Its virtues are especially marked in the low stages of fevers.

Combined with Blue Cohosh it forms an excellent agent in amenorrhoea and dysmenorrhoea, or scanty or painful menstruation, and is unsurpassed in after-pains, suppression of lochia, and the febrile symptoms which sometimes occur at the parturient period.

In fevers Crawley may be advantageously combined with Black Root or May Apple when it is found necessary to act upon the bowels or liver; and mixed with Colic Root it will be found almost a specific in flatulent and bilious colic.

Dose—Steep a teaspoonful of the root into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, 10 to 20 min. It may be also taken as hot as one can stand it upon retiring at night.

All of the teas in this book should be taken cold, except when otherwise stated.

CANDY TUFT

(Iberis Amara).

Common Names—Bitter Candy Tuft.**Medicinal Part**—The whole plant.**Description**—This plant has a herbaceous stem, about a foot in height, with acute, toothed leaves, and bright white flowers.

The leaves, stem, root, and seeds are used; the seeds especially. The plant is an annual, carefully cultivated in Europe, but grows wild also. It flowers in June and July.

Properties and Uses—The ancients employed it in gout, rheumatism and diseases of a kindred nature. We use it, compounded with other herbal preparations, for such diseases in their worst forms, and we also use it by itself, in certain proportions, to allay excited action of the heart, particularly where the heart is enlarged. In asthma, bronchitis and dropsy it is now considered one of the most excellent ingredients of certain cures for those afflictions. The dose is from one to five grains of the powdered seeds.**CEDRON SEED**

(Cedron Simaba.)

Medicinal Part—The seed.**Description**—Simaba is a small tree, with an erect stem about half a foot in diameter, branching luxuriantly at the top. Leaves obovate, large and serrated; flowers sessile, pale brown, and the fruit a solitary drupe.

This tree grows in New Granada and Central America. Its value as a medicinal agent has long been known in Costa Rica, Trinidad, etc., and from thence was communicated to scientific gentlemen in France. The seed, which is the part used, is about an inch and a half long, nearly an inch broad, and about half an inch thick. It is hard, but can be easily cut by a common knife. It is inodorous, but tastes like quassia or aloes, and yields its properties to water or alcohol. In South America the properties of these seeds were known as early as the year 1700. At that time they were applied more especially as an antidote to the bites of poisonous serpents and similar affections.

Properties and Uses—It is an antispasmodic, and one of the most valuable articles of the kind known to educated herbalists. It is very useful in all nervous affections, hydrophobia, stomach spasms, intermittent fever and dyspepsia. It is an antidote for the majority of acro-narcotic poisons. Snake

bites should at the same time be bathed in the tincture.

Dose—A teaspoonful of the seed to a pint of boiling water. Take a teaspoonful 2 to 6 times a day. Of the tincture, $\frac{1}{2}$ to 2 min.

CELANDINE

(*Chelidonium Majus*, Poppy Family.)

Common Names—Tetterwort, Garden Celandine, Great Celandine, *Chelidonium*.

Medicinal Part—Herb and root.

Description—This plant is an ever-green perennial, with a stem from one to two feet in height, branched, swelled at the joints, leafy, round and smooth; the leaves are smooth, spreading, very deeply pinnatifid; leaflets in from two to four pairs, from one and a half to two and a half inches long, and about two-thirds as broad, the terminal one largest, all ovate, cuneately incised or lobed; the lateral ones sometimes dilated at the lower margin, near the base almost as if auricled; color of all, a deep shining green; the flowers are bright yellow, umbellate, on long, often hairy stocks.

Celandine is a pale green, fleshy herb, indigenous to Europe and naturalized in the United States; it grows along fences, by-roads, in waste places, etc., and flowers from May to October. If the plant be wounded, a bright yellow, offensive juice flows out, which has a persistent, nauseous bitter taste, with a biting sensation in the mouth and fauces. The root is the most intensely bitter part of the plant, and is more commonly preferred. Drying diminishes its activity. It yields its virtues to alcohol and water.

Properties and Uses—It is stimulant, acrid, alterative, diuretic, diaphoretic, purgative and vulnerary. It is used internally in decoction or tincture, and externally in poultice or ointment for scrofula, cutaneous diseases and piles. It is likewise good in hepatic affections or liver complaints, and exerts a special influence on the spleen. As a drastic hydragogue, or purge, it is fully equal to gamboge. The juice, when applied to the skin, produces inflammations, and even vesications. It has long been known as a caustic for the removal of warts; it is also applied to indolent ulcers, fungous growths, etc., and is useful in removing specks and opacities of the cornea of the eye. It is very dangerous, however, for the layman to use it for this purpose.

Celandine is from the Greek word *Chelidon*, which signifies a swallow. The

ancients assert that if you put out the eyes of young swallows when they are in the nest, the old ones will restore their eyes again with this herb. It is said that we may mar the apple of the bird's eye with a needle, and that the old birds will restore their sight again by means of this herb. Never having made any such cruel experiments, I am not prepared to say whether any such miraculous power of healing loss of sight is a virtue of the plant, or whether it is an instinct or gift inherent of the swallow itself.

Tetterwort is also used in curing salt-rheum, tetter or ringworm. It is superior to arnica as a vulnerary; an alcoholic tincture of the root (three ounces to a pint) will be found an unrivalled application to prevent or subdue traumatic inflammations.

Dose—Steep one level teaspoonful of the herb broken into small pieces into a cup of boiling water for half hour. When cold drink one cupful a day. Of the tincture, 10 to 15 min.



COMFREY

(*Symphytum Officinale*, Borage Family).

Common Names—Healing Herb, Blackwort, Bruisewort, Wallwort, Gum Plant.

Medicinal Part—The root.

Description—Comfrey has an oblong, fleshy, perennial root, black on the outside and whitish within, containing a glutinous or clammy tasteless juice, with divers very large, hairy, green leaves lying on the ground, so hairy, or so prickly, that if they touch any tender parts of the hands, face or body, it will cause it to itch. The stalks are hollowed and cornered, very hairy, having leaves that grow below, but less and less up to the top; at the joints of the stalk it is divided into many branches, at the ends of which stand many flowers, in order one above an-

other, which are somewhat long and hollow like the finger of a glove, of a pale, whitish color; after them come small black seeds. There is another sort which bears flowers of a pale purple color, having similar medicinal properties.

Comfrey is a native of Europe, but naturalized in the United States, growing on low grounds and moist places, and flowering all summer. The root is officinal and contains a large amount of mucilage, which is readily extracted by water.

Properties and Uses—The plant is demulcent and slightly astringent. All mucilaginous agents exert an influence on mucous tissues, hence the cure of many pulmonary and other affections in which these tissues have been chiefly implicated, by their internal use. Physicians must not expect a serious disease to yield to remedies which act on mucous membranes only; to determine the true value of a medicinal agent, they must first ascertain the true character of the affection, as well as of the tissues involved. Again, mucilaginous agents are always beneficial in scrofulous and anaemic habits. Comfrey Root is very useful in diarrhoea, dysentery, coughs, hemoptysis or bleeding of the lungs, and other pulmonary affections; also in leucorrhoea and female debility; all these being principally affections of mucous membranes.

It may be boiled in water, wine or made into a syrup, and taken in doses of from a wineglassful to a teacupful of the preparation, two or three times a day.

Externally the fresh root, bruised, forms an excellent application to bruises, ruptures, fresh wounds, sore breasts, ulcers, white swellings, etc.

Dose—Steep a teaspoonful of this root, cut into small pieces, into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

Rheumatism—"The following is a very excellent remedy for rheumatism. I have used this recipe and know it is good. Take 1 ounce Waahoo Bark, 1 ounce Golden Seal, 1 ounce Wild Cherry Bark, 2 ounces Sarsaparilla, 1 ounce Yellow Dock, one-half Mandrake Root. Put all in one-half gallon of whiskey. Let it stand a few days. Dose, 1 tablespoonful before going to bed. Shake well before using." Writes J. N. H.,

**CHICORY**

(Chicorium Intybus).

Common Names—Succory, Endive.**Medicinal Part**—The root.

Description—Chicory is a perennial herb, native of Europe, but has become thoroughly naturalized in the United States. The stem is stiff, tough, and angular in cross-section; it attains heights of from one to three feet. It is often quite branching, but the branches spring out abruptly so that the effect is not very graceful. The leaves are long-lanceolate, dark gray-green and coarsely toothed. The flowers are very beautiful—a violet-blue, approaching a pure blue in color. There are at least two ranks of strap-shaped rays, the inner one much shorter, all toothed at the ends. Succory blooms in dry situations from July until October.

Properties and Uses—A tea made of the dried root purifies stomach, liver, spleen and kidneys. It may also be taken whenever the stomach has been upset by any kind of food. The fresh root is bitter and a milky juice flows from the rind, to which is attributed its medicinal virtues.

Dose—A teaspoonful of the root to a pint of boiling water. Drink cold, a mouthful 2 or 3 times a day.

Ague—"Take 2 ounces of Sassafras Bark. Place in a pint of water and boil for 20 minutes. Add a pint of best whiskey and let it cool. Dose, a table-spoonful 4 times a day for adults." Writes A. T. M., Fruitland, Ga.

CHOCOLATE ROOT.

(Geum Rivale—Water Avens, Geum Virginianum—White Avens, Rose Family).

Common Names—Throat Root, Purple Avens, Bennett, Cure All, Evans Root.

Medicinal Part—The root.

Description—Geum Rivale, or Purple Avens, is a perennial, deep green herb; woody root; leaves nearly lyrate, crenate-dentate, and from four to six inches long. The flowers are few and purple in color.

Geum Virginianum, or Throat Root, is also a perennial, with a small, crooked root. The stem is two or three feet high. The leaves are pinnate or lyrate; flowers rather small and white; and the fruit an achenium. The former is common to the United States and Europe, flowering in June and July, and the latter only to the United States, flowering from June to August.

These plants, with other varieties, have long been used in domestic practice. The whole herb contains medicinal properties, but the officinal and most efficient part is the root. Boiling water or alcohol extracts their virtues.

Properties and Uses—Is tonic and astringent. It is used in passive and chronic hemorrhages, chronic diarrhoea and dysentery, leucorrhoea, dyspepsia, pulmonary affections, congestions of the abdominal viscera, etc.

Dose—Steep a teaspoonful of the root into a cup of boiling water, for half hour. Drink a half cupful upon retiring at night cold, or take a mouthful three times a day. One or two cupfuls may be taken. Of the tincture, 10 to 20 min.

COLOCYNTH

(Cucumis Colocynthis).

Common Names—Bitter Cucumber, Bitter Apple.

Medicinal Part—The fruit divested of its rind.

Description—Colocynth is an annual plant, with a whitish root, and prostrate, angular, and hispid stems. The leaves are alternate, cordate, ovate, many-lobed, white with hairs beneath. Flowers yellow and solitary; petals small, and fruit globose, smooth, size of an orange, yellow when ripe with a thin solid rind, and a very bitterish flesh.

This plant is a native of the south of Europe, Africa and Asia. The fruit assumes a yellow or orange color externally during the autumn, at which time it is pulled and dried quickly,

either in the stove or sun. That which is deprived of its rind, very white, light, spongy and without seeds, is the best article; all others are more or less inferior in quality.

Properties and Uses—It is a powerful hydragogue cathartic, producing copious water evacuations. It should never be used alone, but be combined with other cathartics. It may be used advantageously in passive dropsy and cerebral derangements. In combination with Black Henbane it loses its irritant properties, and may be so employed whenever its peculiar cathartic effects are desired. Hippocrates used Colocynth as a pessary to promote menstruation.

Dose—A teaspoonful of the fruit to a pint of boiling water. Take a tablespoonful two to four times a day, cold. Of the tincture, 1 to 2 min.



COLTS FOOT

(*Tussilago Farfara*, Aster Family).

Common Names—Coughwort, Foal's Foot, Horse Hoof, Horse Foot, Bull's Foot, Ginger Root.

Medicinal Part—The leaves.

Description—Colts Foot has a long, perennial, creeping, fibrous rhizome. The leaves are erect, cordate, sharply dentate, smooth green above and pure white and cottony beneath. They do not appear until the flowers are withered, and are from five to eight inches long, and like a colt's foot in shape. The flowers are large and bright yellow.

This plant grows in Europe and the East Indies, from the seashore to elevations of nearly eight thousand feet. It also grows in the United States, in wet places, on the sides of brooks, flowering in March and April. Its presence

is a certain indication of a clayey soil. The leaves are rather fragrant, and continue so after having been carefully dried. The leaves are the parts used, though all parts of the plant are active, and should always be employed, especially the leaves, flowers and root. The leaves should be collected at about the period they have nearly reached their full size, the flowers as soon as they commence opening, and the root immediately after the maturity of the leaves. When dried, all parts have a bitter, mucilaginous taste, and yield their properties to water or diluted alcohol.

Properties and Uses—It is emollient, demulcent and slightly tonic, and is highly serviceable in coughs, asthma, whooping cough and other pulmonary complaints; also useful in scrofula. The powdered leaves form a good errhine for giddiness, headache, nasal obstructions, etc. It is also used externally in form of poultice in scrofulous tumors.

Dose—Steep a teaspoonful of the leaves into a cup of boiling water for half hour. Drink a half cupful upon retiring at night, hot or cold. Or take a mouthful 3 times a day; one or two cupfuls may be taken. Of the tincture, 1 to 2 fl. dr.

COTTON ROOT

(*Gossypium Herbaceum*).

Medicinal Part—The inner bark of the root.

Description—Cotton is a biennial or triennial herb, with a fusiform root, with a round pubescent branching stem about five feet high. The leaves are hoary, palmate, with five sub-lanceolate, rather acute lobes; flowers are yellow, calyx cup-shaped, petals five, deciduous, with a purple spot near the base; stigmas, three or five; and the fruit a three or five-celled capsule, with five-celled capsule, with three or five seeds involved in cotton.

It is a native of Asia, but is cultivated extensively in many parts of the world, and in the southern portions of America more successfully than anywhere else. The inner bark of the recent root is the part chiefly used in medicine. Its active principle, which is that administered by all educated herbal physicians is called Gossypin.

Properties and Uses—The preparation Gossypin is most excellent for diseases of the utero-genital organs. In these diseases it evinces its sole and only virtues, and it ought, on every occasion where it can be procured in its purity,

to be used in the stead of ergot, or smut rye, in cases of difficult labor. The latter will produce uterine inflammation and puerperal fever, while Gossypium will achieve the beneficial effects for which ergot is usually administered and leave the system perfectly free from any prejudicial after-results. The active principle of fresh cotton root forms a most wonderful uterine tonic, and, if correctly prepared, will be found invaluable in sterility, vaginitis, white, menstrual irregularities, green sickness, etc. I do not recommend the use of the decoction of the root by inexperienced persons. The seeds are said to possess superior anti-periodic properties.

Dose—Steep a teaspoonful of the granulated root into a cup of boiling water for half hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the tincture, 5 to 10 min.

CORSICA MOSS

(Fucus Helminthocorton).

Medicinal Part—The whole plant.

Description—This marine plant has a cartilaginous, tufted, entangled frond, with branches marked indistinctly with transverse streaks. The lower part is dirty yellow, the branches more or less purple.

It is found growing on the Mediterranean coast, and especially on the Island of Corsica. It is cartilaginous in consistence, is of a dull and reddish-brown color, has a bitter, salt and nauseous taste, but its odor is rather pleasant. Water dissolves its active principles.

Properties and Uses—It is an excellent anthelmintic. The influence it exercises upon the economy is entirely inappreciable, but it acts very powerfully on intestinal worms. Dr. Johnson says "It destroys any worms domiciliating in the bowels as effectually as choke-damps would destroy the life of a miner."

Dose—A teaspoonful of the plant, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

The Fucus Vesiculosus, Sea-Wrack or Bladder Fucus, possesses similar properties.

Rheumatism—"Take about 8 heaping teaspoonfuls of Tansy. Steep in a pint of water for 30 minutes. Strain. Add $\frac{1}{2}$ pint of best whikey or brandy. Sweeten to taste. Dose, 2 tablespoonfuls 3 times daily." Writes N. A. J.



CROWFOOT

(*Ranunculus Bulbosus*, Crowfoot).

Medicinal Parts—The cormus and herb.

Description—This plant is not to be confounded with the *Geranium Maculatum*, which is also called Crowfoot. The cormus or root of this herb is a perennial, solid, fleshy, roundish and depressed, sending out radicles from its under sides. The root sends up annually erect hairy stems, six to eighteen inches in height. The leaves are on long petioles, dentate and hairy. Each stem supports several solitary golden-yellow flowers; sepals, oblong and hairy; petals, five; cordate; stamens numerous and hairy.

This plant is common in Europe and the United States, growing in fields and pastures, and flowering in May, June and July. There are a great many varieties, but all possess similar qualities, and designated by the general name of Butter Cup. When any part of these plants is chewed, it occasions much pain, inflammation, excoriation of the mouth, and much heat and pains in the stomach, if it be taken internally.

Properties and Uses—This plant is too acrid to be used internally, especially when fresh. When applied externally it is powerfully rubefacient and epispastic. It is employed in its recent state in rheumatic neuralgia and other diseases where vesication and

counter-irritation are indicated. Its action, however, is generally so violent that it is seldom used.

COLUMBO.

(Cocculus Palmatus).

Common Names—Kalumb.

Medicinal Part—The root.

Description—Columbo, so important in the present practice of medicine, is a climbing plant, with a perennial root which is quite thick and branching. The root is covered with a thin brown skin, marked with transverse warts. The stems, of which one or two proceed from the same root, are twining, simple in the male plant, branched in the female, round, hairy and about an inch or an inch and half in circumference. The leaves stand on the rounded glandular-hairy footstalks, and are alternate, distant, cordate, and have three, seven or nine lobes and nerves. The flowers are small and inconspicuous.

This plant inhabits the forests near the southeastern coast of Africa, in the neighborhood of Mozambique, where the natives call it Kalumb. The root is dug up in the dry season in the month of March, and is cut in slices, strung on cords, and hung up to dry. The odor of Columbo is slightly aromatic; the taste bitter and also mucilaginous. The root is easily pulverized, but spoils by keeping after having been reduced to a powder. It is best to powder it only as it is required for use.

Properties and Uses—It is one of the purest bitter tonics in the world, and in dyspepsia, chronic diarrhoea, and dysentery, as well as in convalescence from febrile and inflammatory diseases it can hardly be surpassed as a remedial agent. It is most useful in the remittent and intermittent fevers of hot climates. It is used in many combinations, according to indications.

Dose—Steep a level teaspoonful of the root into a cupful of boiling water for half hour. Strain. When cold take a teaspoonful 3 to 6 times a day. Of the tincture, 5 to 10 min.

CUBEBS.

(Piper Cubeba.)

Common Names—Tailed Pepper, Java Pepper.

Medicinal Part—The berries.

Description—This is a perennial plant with a climbing stem, round branches, about as thick as a goose-quill, ash-colored, and rooting at the joints. The leaves are from four to six and a half inches long by one and a half to two

inches broad, ovate-oblong, acuminate and very smooth. Flowers arranged in spikes at the end of the branches; fruit, a berry rather longer than that of black pepper.

Cubebs is a native of Java and other islands of the Indian Ocean, growing in the forests without cultivation. The fruit is gathered before fully ripe, and then dried. It affords a volatile oil, which is much used. Cubebs has a pleasant, aromatic odor, and a hot, bitter taste.

Properties and Uses—It is mildly stimulant, expectorant, stomachic and carminative. It acts particularly on mucous tissues and arrests excessive discharges, especially from the urethra. It exercises an influence over the urinary apparatus, rendering the urine of deeper color. It is successfully employed in gonorrhoea, gleet, leucorrhoea, chronic bladder diseases, bronchial affections and atony of the stomach and bowels.

Dose—Steep a teaspoonful of the berries into a cup of boiling water for half hour. Drink a half cupful upon retiring at night, hot or cold. Or take a mouthful three times a day.

Paralysis—"Place a teaspoonful of Hops into a pint of boiling water. Strain thoroughly and let it cool and drink a cupful during the day time." Writes Miss Annie N. L., Richmond, Ind.

Syphilis—Take a cupful or handful of the root of Rattle Top. Place in one gallon of water and boil down to $\frac{1}{2}$ gallon. Drink a wineglassful 3 times a day. This is said to have cured cases where prominent doctors have failed. Writes E. T., St. Louis, Mo.

Consumption—"Take 2 quart of Mullein Leaves picked from stalks that have never bloomed. Place in a stewpan and pour on enough water to cover them. Let simmer until the strength is all out of the leaves. Then strain and add a cup of brown sugar and simmer again until syrup is formed. Then add a pint of Jamaica Rum. Take a tablespoonful of this 3 times a day and whenever obliged to cough."

(Equatoria Garciana.)

Common Names—Condor Vine.

Medicinal Parts—The bark of the vine.

Description—Cundurango, or Condor Vine, a name derived from two words, cundur and angu, whose marvellous medicinal properties have lately been made known to the world, and which

is now so greatly interesting the medical profession, is a climbing vine, resembling much in its habits the grape vine of our forests. The vines are from three to five inches in diameter. They are quite flexible when fresh, but when dry very brittle. The bark is externally of a greenish-gray color, and has numerous small warty excrescences. The leaves are large, sometimes reaching six inches in length by five in breadth, opposite, simple, entire dentate, cordate and of a dark green color. The flowers are small, arranged in complete umbels; stamens five; petals five; sepals five, and filaments small. The fruit is a pair of pods and seeds numerous and dark brown. It should be more properly Cundurangu, as there is no "o" in the language of the Incas.

This plant is a native of the Andes Mountains in South America, especially in the southern portion of Ecuador, and found most plentifully in the mountains surrounding the city of Loja. It is generally found on the western exposure of the Andes, at an altitude of 4,000 or 5,000 feet. Its virtues were known to the Indians of the locality for a long time. The tradition is that it was regarded by them as poisonous, and that an Indian woman unintentionally cured her husband, who suffered from a very painful cancer, by getting him to drink bowlfuls of decoction of Cundurango, believing and hoping it would prove fatal. It was introduced into medical practice by Dr. Eguiguren, brother of the governor of the province of Loja, both of whom are said to have cured many cases of syphilis and cancerous ulcers by the use of it. The subject was brought to the notice of our government by our minister at Quito. The Department of State, at once realizing the value of the discovery and the intense interest with which our people would seek after information concerning it, published a circular setting forth its great value as a remedy. This action of the government at once inspired that confidence to which the plant appeared to be entitled. It has been used by progressive physicians with apparent success in cancerous and syphilitic affections, but the results attained from its use so far have not yet been such as to justify the high expectations with which its discovery was announced, and I am constrained to believe that it does not possess the virtues claimed for it. The natives insist that there are two

varieties of the bark, the amarillo, or yellow, and blanco, or white, but upon inspection I find they are the same, the difference in the color depending upon the strong rays of the sun. When freshly cut the vines give an abundance of milky, viscous juice or sap, the odor of which is balsamic, and flavor decidedly bitter and aromatic. It is sometimes used in the powdered form combined with sugar and water, so as to form a thick syrup, but the fluid extract (when it can be obtained pure) is a much more convenient form of administering it. A great deal that is spurious is found in the market. It is a singular coincidence that both Quinine and Condurango are found in the same region, and thrive only under the same climatic conditions.

Properties and Uses—Is highly recommended as a remedy for cancer, syphilis, ulcers, etc. Its discoverers claim that in a short period, after commencing its use in cases of cancer that the typical symptoms subside, the pain is diminished, the discharge thickens and becomes less offensive, the tumor becomes softer, the deposits lessen, the expression improves and a cure is speedily effected, and that it has also diuretic and tonic powers, and cures many nervous diseases. I have given this remedy competent trials in cases of cancer and syphilis, and the results were not such as to satisfy me.

Dose—Steep 1 teaspoonful of the bark of the vine into a cupful of boiling water for half hour. Strain. When cold take a teaspoonful 3 to 6 times a day. Of the tincture, 10 to 30 min.

Brain Fever—"Take powdered Skunk Cabbage or Swamp Cabbage and mix with an equal quantity of lard. Apply to the head and bandage. This will draw out the water from the brain." Writes F. F., Providence, R. I.

Rheumatism Remedy—Take Prickly Ash Bark, Yellow Bearsfoot and Black Cohosh, 3 tablespoonfuls of each and 1 tablespoonful of Blood Root and 1 teaspoonful of Poke Root. Place into a gallon of best corn whiskey or bourbon. Let stand for 3 days before using. Dose, a tablespoonful one hour after each meal. If this medicine appears too powerful it may be taken with water.

Rheumatism Root—An excellent remedy for chronic rheumatism, syphilis and all nervous affections, spasms, cramps, etc.

CRAMP BARK

(*Virburnum Opulus*, Honey Suckle Family).

Common Names—Squaw Bush, High Cranberry, Genuine Cramp Bark.

Medicinal Part—The bark.

Description—It is a nearly smooth and upright shrub, or small tree, usually from five to twelve feet in height, with several stems from the same root branched above; the leaves are three-lobed, three-veined, broadly wedged shape, and crenately toothed on the side. The flowers are white, or reddish-white; the fruit ovoid, red, very acid, ripens late, and remains upon the bush after the leaves have fallen. It resembles the common cranberry, and is sometimes substituted for it.

It is indigenous to the northern part of the United States and Canada, being a handsome shrub, growing in low rich lands, woods and borders of fields, flowering in June, and presenting at this time a very showy appearance. The flowers are succeeded by red and very acid berries, resembling low cranberries, and which remain through the winter. The bark is the officinal part, as met with in drug stores. It is frequently put up by shakers, when it is somewhat flattened from pressure. It has no smell, but has a peculiar, not unpleasant, bitterish and astringent taste. It yields its properties to water or diluted alcohol.

Properties and Uses—It is a powerful antispasmodic, and hence generally known among American practitioners as Cramp Bark. It is very effective in cramps and spasms of all kinds, as asthma, hysteria, cramps of females during pregnancy, preventing the attacks entirely if used daily for the last two or three months of gestation.

The following forms an excellent preparation for the relief of spasmodic attacks, viz.: take of Cramp Bark, two ounces; Scull Cap and Skunk Cabbage, of each one ounce; Cloves, half an ounce; Ginger, two drachms. Have all coarsely bruised, and add to them two quarts of sherry or native wine. Dose of this, half a wineglassful two or three times a day.

It may be here remarked that a poultice of the fruit of the Low Cranberry is very efficacious in indolent and malignant ulcers, malignant scarlet fever, applied to the throat; in erysipelas, and other similar diseases. Probably the High Cranberry will effect the same results.

Dose—Steep a teaspoonful of this bark, cut into small pieces, into a cup of boiling water for half hour. When cold, drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ fl. dr.

DANDELION

(*Leontodon Taraxacum*, Chicory Family.)

Common Names—Blow Ball, Cankerwort.

Medicinal Part—The root.

Description—Dandelion is a perennial top-shaped herb, having a very milky root. The leaves are all radical, shining green in color, sessile and pinnate. The scape or flower stem is longer than the leaves, five to six inches in height; and bearing a single yellow flower. The fruit is an achenium.

This plant is a native of Greece, but is now found growing abundantly in Europe and the United States, in fields, gardens and along roadsides, flowering from April to November. The root only is the officinal part, and should be collected when the plant is in flower. Alcohol or boiling water extracts its properties. The young plant is frequently used as a salad or green, and possesses some slight narcotic properties.

Properties and Uses—The dried root when fresh is a stomachic and tonic, with slightly diuretic and aperient actions. It has long been supposed to exert an influence upon the biliary organs, removing torpor and engorgement of the liver as well as of the spleen; it is also reputed beneficial in dropsies owing to want of action of the abdominal organs in uterine obstructions, chronic diseases of the skin, etc. Its virtues, however, are much over-rated.

Dose—Steep a heaping teaspoonful of this root, cut into small pieces, into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

DEVILS BIT.

(*Liatris Squarrosa*, Aster Family.)

Common Names—Gay Feather, Blazing Star, Rattlesnake Master

Medicinal Part—The root.

Description—There are three varieties of this plant used in medicine. The above is the most common one. It has a tuberous root and an erect annual stem from two to five feet high, linear leaves and flowers sessile, and of bright purple color.

Liatris Spicata, or Button Snake

Root, is very similar to the above.

Liatris Scariosa, or Gay Feather, has a perennial tuberous root, with a stout stem from four to five feet high. The leaves are numerous and lanceolate, lower ones on long petioles.

The two former are natives of the Middle and Southern states, and the latter is found from New England to Wisconsin. These splendid natives flower from August to September. The roots have a hot bitter taste and an agreeable turpentine odor. The virtues are extracted by alcohol.

Properties and Uses—These plants are diuretic, tonic stimulant and emmenagogue. The decoction is very useful in gonorrhoea, gleet and kidney diseases. It is also of service in uterine diseases. As a gargle in sore throat it is of great advantage. These plants are used for and said to have antidotal powers over snake-bites.

Dose—Steep a heaping teaspoonful of these small pieces into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day, a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

DOG WOOD

(*Cornus Florida*, Dogwood Family.)

Common Names—Box Wood, Flowering Cornel, Green Ozier.

Medicinal Part—The bark.

Description—Dogwood is a small indigenous tree from twelve to thirty feet high, with a very hard and compact wood, and covered with a rough and brownish bark. The tree is of slow growth. The leaves are opposite, smooth, ovate, acute, dark green above, paler beneath. The flowers are very small, of a greenish yellow color, and constitute the chief beauty of the tree when in bloom. The fruit is an oval drupe of a glossy scarlet color, containing a nut with two cells and two seeds.

This tree grows in various parts of the United States; it flowers in April and May. The fruit matures in autumn. The wood is used for many purposes. The bark yields its virtues to water and alcohol. The chemical qualities are tannic and gallic acids, resin, gum, oil, wax, lignin, lime, potassa and iron.

Properties and Uses—It is tonic, astringent and slightly stimulant. It is an excellent substitute for Peruvian Bark, and may be used when the foreign remedy is not to be obtained, or when it fails, or where it cannot be administered. The bark should only be used in its dried state. Cornine, its

active principle, is much used as a substitute for quinine.

Dogwood, or green ozier, exerts its best virtues in the shape of an ointment. It is detergent in all inflammatory conditions, destructive to morbid growths, and at variance with diseased nutrition. It stimulates granulations, increases the reparative process, induces circulation of healthy blood to the parts, removes effete matter, vitalizes the tissues and speedily removes pain from the diseased parts.

Dose—Steep a teaspoonful of the bark into a cup of boiling water for half hour. Drink a half cupful upon retiring at night, hot or cold. Or take a mouthful three times a day. One or two cupfuls may be taken. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.



DWARF ELDER
(*Sambucus Ebulus*.)

Common Names—Wild Elder, Danewort, Walewort.

Medicinal Parts—Root and bark.

Description—Dwarf Elder is a shrub quite different from the true elder. It grows throughout the eastern and middle states. The fruit is four-seeded, resembling true elderberries, but seldom becomes fully ripe.

Properties and Uses—The properties of the bark and root are diuretic and alterative. Very useful in dropsy, suppression and scalding of urine, gravel and most diseases of the kidneys. There are but few of our botanic drugs prized so highly for cases of Dropsy as Dwarf Elder.

Dose—A teaspoonful of the root and bark to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



ELDER

(*Sambucus Canadensis*, Honeysuckle Family.)

Common Names—*Sambucus*, American Elder, Sweet Elder.

Medicinal Parts—The flowers, berries and root.

Description—This is a common, well-known native American plant, from five to twelve feet high, with a shrubby stem, filled with a light and porous pitch, especially when young. The bark is rather scabrous and cinerous. The leaves are nearly bipinnate, antiposed. The flowers are numerous, white, in very large level-topped, five-parted cymes, and have a heavy odor. The European Elder, though larger than the American kind, is similar in its general characteristics and properties.

It is an indigenous shrub, growing in all parts of the United States, in low, damp grounds, thickets and waste places, flowering in June and July, and maturing its berries in September and October. The officinal parts are the flowers, the berries and the inner bark.

Properties and Uses—In warm infusion the flowers are diaphoretic and gently stimulant. In cold infusion they are diuretic, alterative and cooling, and may be used in all diseases requiring such action, as in hepatic derangements of children, erysipelas, erysipelatous diseases, etc. In infusion with Maiden Hair and Beech Drops, they will be found very valuable in all erysipelatous diseases. The expressed juice of the

berries, evaporated to the consistence of a syrup, is a valuable aperient and alterative; one ounce of it will purge. An infusion of the young leafbuds is likewise purgative, and sometimes acts with violence. The flowers and expressed juice of the berries have been beneficially employed in scrofula, cutaneous diseases, syphilis, rheumatism, etc. The juice will purge moderately in doses from half a fluid ounce to a fluid ounce. Large deobstruent, promoting all the fluid secretions, and is much used in dropsy, especially that following scarlatina and other febrile and exanthematous complaints, as well as in many chronic diseases. Beaten up with lard or cream, it forms an excellent discutient ointment, or much value in burns, scalds and some cutaneous diseases. A tea of the root in half-ounce doses, taken daily, acts as a hydragogue cathartic and stimulating diuretic, and will be found valuable in all dropsical affections. The inner bark of Elder is hydragogue and emetico-cathartic. Has been successfully used in epilepsy by taking it, from branches one or two years old, scraping off the gray outer bark, and steeping two ounces of it in five ounces of cold or hot water for forty-eight hours. Strain and give a wineglassful every fifteen minutes when the fit is threatening; the patient fasting. Resume it every six or eight days.

Colic—Chew the roots of Bull Nettle and swallow the juice. The sufferer will be relieved in a few minutes. A heaping teaspoonful is sufficient for one chew.

Boils and Pimples—I am an old trapper and have received the following formula from an old Indian. It has cured me of boils. I used to be afflicted with these boils every year. At times I would have from one to fourteen at a time. Take the inner bark of Birch, about a teacupful of the bark to a quart of water. Boil a few minutes and drink in place of water. Writes J. F. M., Sharboquo, Ont., Canada.

Painful Menstruation—Chew and eat about $\frac{1}{2}$ teaspoonful or less of the root Sweet Flag every hour until the pain ceases.

Epilepsy and Fits—Eat a piece of Swamp Cabbage Root the size of a pea one hour before breakfast every morning. Keep this up for six months or longer if necessary until cured.



ELECAMPANE

(*Inula helenium*, Aster Family.)

Scabwort.

Medicinal Parts—The root.

Description—This plant has a thick, top-shaped, aromatic and perennial root, with a thick, leafy, round, solid stem, from four to six feet high. The leaves are large, ovate, dark green above, downy and hoary beneath, with a fleshy mid-rib. The flowers are of a bright yellow color, and the fruit an achenium.

Elecampane is common in Europe and cultivated in the United States. It grows in pastures and along road-sides, blossoming from July to September. The root is the part used, and should be gathered in the second year of its development and during the fall months. It yields its properties to water and alcohol, more especially to the former.

Properties and Uses—It is aromatic, stimulant, tonic, emmenagogue, diuretic and diaphoretic. It is much used in chronic pulmonary affections, weakness of the digestive organs, hepatic torpor, dyspepsia, etc.

Dose—Steep a heaping teaspoonful of this root cut into small pieces into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

ERGOT

(*Secale Cornutum*.)

Common Names—Spurred or Smut Rye.

Medicinal Part — The degenerated seeds.

Description—Ergot is the name given to the fungoid, degenerated seeds of the common rye, which is the result of

a parasitic plant called *Oidium Abortificaciens*.

Ergot consists of grains, varying in length, of a violet-black color; odor fishy, peculiar and nauseous. Their taste is not very marked, but is disagreeable and slightly acrid. They should be gathered previous to harvest.

Properties and Uses—Ergot has a remarkable effect upon the human system, and when persisted in for a length of time as an article of food manifests certain symptoms termed Ergotism. Its chief use as a medicine is to promote uterine contractions in slow, natural labors. It is also useful in checking menorrhagia, uterine hemorrhages, and to expel polypi. It is also employed in gonorrhoea, paraplegia, paralysis of the bladder, fever and ague.

This is a valuable remedy to the obstetrician and midwife, but its use should not be persisted in too long, as it often produces dangerous symptoms.

Dose—Steep a heaping teaspoonful of this seed into a pint of boiling water for half hour. When cold drink 1 cupful a day; a good mouthful at a time. Of the tincture, $\frac{1}{4}$ to 1 fl. dr.

This article is poisonous in overdoses and should only be used with the advice of a physician.



No. 21—Herbs, \$1 box. Tablets, \$1 box.
Liquid, \$1 bottle; 6 for \$5.

Dr. Brown's Nervura—A most excellent tonic. Cheap and easy to prepare.

Cocoa, 1 tablespoonful.

Damiana, 1 tablespoonful.

Blue Gentian, 1 tablespoonful.

Dandelion Root, 1 tablespoonful.

Steep a teaspoonful of these mixed herbs in a cup of hot water for 30 minutes. Drink during the day.

FEVERFEW

(Pyrethrum Parthenium, Aster Family.)

Common Names—Featherfew, Febri-fuge Plant.**Medicinal Part**—The herb.**Description**—Feverfew is a perennial herbaceous plant, with a tapering root, and an erect, round and leafy stem about two feet high. The leaves are alternate, petiolate, hoary green, with leaflets inclining to ovate and dentate. The flowers are white and compound, and the fruit a wingless, angular and uniform achenium.

The plant is a native of Europe, but common in the United States; found occasionally in a wild state, but generally cultivated in gardens, and blossoms in June and July. It imparts its virtues to water, but much better to alcohol.

Properties and Uses—It is tonic, carminative, emmenagogue, vermifuge and stimulant. The warm infusion is an excellent remedy in recent colds, flatulency, worms, irregular menstruation, hysteria, suppression of urine, and in some febrile diseases. In hysteria, or flatulency, one teaspoonful of the compound spirits of lavender forms a valuable addition to the dose of the infusion, which is from two to four fluid ounces. The cold infusion or extract makes a valuable tonic. The leaves, in poultice, are an excellent local application in severe pain or swelling of the bowels, are an excellent local application in severe pain or swelling of the bowels, etc. Bees are said to dislike this plant very much, and a handful of the flower-heads carried where they are will cause them to keep at a distance.**Dose**—Steep a heaping teaspoonful of this herb, into a cup of boiling water for half hour. When cold, drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.**FEVER WEED**

(Gerardia Pedicularia.)

Common Names—Lousewort, Fox-glove.**Medicinal Part**—The herb.**Description**—The stem of this plant is bushy, tall, two or three feet in height. The leaves are numerous, opposite, ovate-lanceolate, flowers large, yellow and trumpet-shaped; calyx five-cleft, corolla yellow, and fruit a two-celled capsule.

This most elegant plant, grown in dry copses, pine ridges and barren woods and mountains, from Canada to

Georgia, flowering in August and September. Water or alcohol extracts its virtues.

Properties and Uses—It is diaphoretic, antiseptic and sedative. Used principally in febrile and inflammatory diseases; a warm infusion produces a free and copious perspiration in a short time. Very valuable in ephemeral fever.

Dose—A teaspoonful of the herb, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.



FENUGREEK

(*Trigonella Foenum Graecum*).

Medicinal Part—The seed.

Description—Fenugreek is an annual herb, 1 foot high, cultivated in Europe and the United States; leaves trifoliate, leaflets dentate, flowers yellowish; fruit compressed legume contains 16 seeds.

Properties and Uses—A tea of the seed is useful as a gargle for sore throat and as a cooling draught in high fevers. A poultice of the seed is excellent for wounds and inflammation. The seed boiled in milk will make thin people plump.

Dose—A teaspoonful of the seeds to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

FIGWORT

(*Scrophularia Nodosa*, Figwort Family.)

Common Names—Carpenter's Square, Heal All, Square Stalk.

Medicinal Parts—The leaves and root.

Description—Figwort has a perennial, whitish and fibrous root, with a

leafy, erect, smooth stem from two to four feet high. The leaves are opposite, ovate; the upper lanceolate, acute, of deep green color, and from three to seven inches in length. The flowers are small and dark purple in color. The fruit is an ovate-oblong capsule.

This plant is a native of Europe, but it found growing in the United States from New York to North Carolina and Kansas, in woods, hedges, damp copses, and banks, blossoming from July to October. The plants known by the names of Carpenter's Square, Heal All, Square Stalk, etc. (*S. Marilanolica* and *S. Lanceolata*), and all mere varieties of Figwort, possessing similar medicinal properties. The leaves and root are the officinal parts, and yield their virtues to water or alcohol. The leaves have an offensive odor, and a bitter, unpleasant taste; the root is slightly acrid.

Properties and Uses—It is alterative, diuretic, and anodyne; highly beneficial in hepatic or liver diseases, dropsy, and as a general deobstruent to the glandular system when used in infusion or syrup. Externally, in the form of fomentation or ointment, it is valuable in bruises, inflammation of the mammae, ringworm, piles, painful swellings, itch, and cutaneous eruptions of a vesicular character. The root, in decoction and drunk freely, will restore the lochial discharge when suppressed, and relieve the pains attending difficult menstruation. This plant possesses many valuable and active medicinal properties.

Dose—Steep a heaping teaspoonful of the leaves and roots into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

FIREWEED

(*Erethites Hierac Tifolius*, *Aster* Family.)

Common Names—Pilewort.

Medicinal Part—The root and herb.

Description—This plant has an annual, herbaceous, thick, fleshy, branching and roughish stem, from one to five feet high. The leaves are simple, alternate, large lanceolate or oblong, acute, deeply dentate, sessile and light green. The flowers are whitish, and the fruit an achenium, oblong and hairy.

This indigenous rank weed grows in fields throughout the United States, in moist woods, in recent clearings, and

is especially abundant in such as have been burned over. It flowers from July to October, and somewhat resembles the Sowthistle. The whole plant yields its virtues to water or alcohol. It has a peculiar, aromatic and somewhat fetid odor, and a slightly pungent, bitter and disagreeable taste.

Properties and Uses—It is emetic, cathartic, tonic, astringent and alterative. The latter three qualities are the most valuable. It is an unrivalled medicine in diseases of the mucous tissues. The spirituous extract is most excellent in cholera and dysentery, promptly arresting the discharges, relieving the pain and effecting a speedy cure. It is invariably successful in summer complaints of children, even in cases where other means have failed.

Dose—Steep a heaping teaspoonful of the root and herb into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

FIVE-FINGER GRASS

(*Potentilla Canadensis*, Rose Family.)

Common Name—Cinque-Foil.

Medicinal Parts—The root and leaves.

Description—This perennial plant has a procumbent stem from two to eighteen inches in length. The leaves are palmate, leaflets obovate and flowers yellow, on solitary pedicels.

There are two varieties of this plant, the *P. Pamilla*, which is very small and delicate, flowering in April and May, and growing in dry, sandy soils, and the *P. Simplex*, a larger plant, growing in richer soils, and flowering from June to August.

Five Finger is common to the United States, growing by roadsides, on meadow banks and waste grounds, and flowering from April to October. The root is the part used. It has a bitterish, styptic taste, and yields its virtues to water.

Properties and Uses—It is tonic and astringent. A decoction is useful in fevers, bowel complaints, night sweats, menorrhagia and other hemorrhages. It makes an excellent gargle for spongy, bleeding gums, and ulcerated mouth and throat.

Dose—Steep a teaspoonful of the plant into a cup of boiling water for half hour. Drink a half cupful upon retiring at night hot or cold, or take a mouthful three times a day. One or two cupfuls may be taken. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

FIT PLANT

(*Monotropa Uniflora*, Indiana-pipe
Family.)

Common Names—Ice Plant, Ova-ova, Indian Pipe, Birds Nest, Pipe-plant, Ghostflower.

Medicinal Part—The root.

Description—This plant has a dark-colored, fibrous, perennial root, matted in masses like a chestnut vine, from which arise one or more short ivory-white stems, four to eight inches high, adorned with white, sessile, lanceolate leaves.

This singular plant is found from Maine to Carolina, and westward to Missouri, growing in shady, solitary places, in rich moist soil, or soil composed of decayed wood and leaves. The whole plant is ivory-white, resembling frozen jelly, and when handled melts away like ice. It flowers from June to September. It is evidently a parasite of the roots at the base of trees.

Properties and Uses—It is tonic, sedative and antispasmodic. It is useful in fevers, and employed in instances of restlessness, pains, nervous irritability, etc., in place of opium. It cures remittent and intermittent fevers, and may be employed instead of quinine. Prompt success has followed its use in convulsive diseases. It is very singular that people will use injurious drugs, or permit themselves to take them, when in this queer little herb that grows all around them, and which by its singular character invites attention to it, they can find a sovereign remedy for numberless ills. A teaspoonful of this root and one of Fennel Seed to a pint of boiling water makes an excellent tea for washing sore eyes, or to use as a douche in inflammation and irritation of the vagina and uterus.

Dose—One to two teaspoonfuls to a cup of boiling water. Drink one cupful a day a few swallows at a time. Tincture, $\frac{1}{2}$ to 1 fl. dr.

FOX GLOVE.

(*Digitalis Purpurea*.)

Common Names—American Fox Glove, Lion's Mouth, Fairy Fingers.

Parts Used—Dried Leaves.

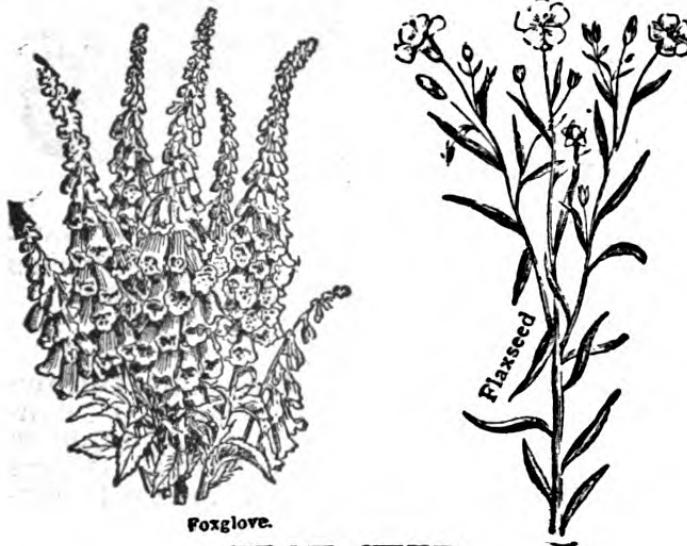
Description—Fox Glove is a biennial herb, cultivated for ornament and medicine; stem, 2 to 5 feet high, succulent, downy, leafy; flowers July and August; they are tubular, bell shaped, 5 lobed, outside purple, inside sprinkled with black spots upon a white background, mouth hairy; seeds small, numerous, brownish grey inclosed in a

2-celled pyramidal capsule. Leaves 4 to 12 inches long, 2 to 6 inches broad, ovate, dull green, greyish underneath, wrinkled; sparsely hairy above, densely and finely hairy below.

Properties and Uses—The leaves have a slight characteristic odor and a strong, nauseous bitter taste. Only the second year's growth of leaves are used medicinally. They yield the well-known drug. Digitalin.

Fox Gove is very useful where the heart is rapid and feeble, deficient and poor circulation, as it causes the heart to expel much more blood than, normally, renal disease, venous engorgement, dropsy, hemorrhages, menorrhagia, rheumatic fever, spermatorrhoea, pleurisy, chronic bronchitis, epilepsy, etc. Externally they are of value in abdominal dropsy and enlarged glands. These leaves are very powerful and poisonous and should only be employed by skilled physicians.

Dose—A level teaspoonful of the dried leaves, granulated, to a pint of boiling water. Take 1 teaspoonful as required; of the tincture, $\frac{1}{2}$ to 1 min.



FLAX SEED. (Linum.)

Common Names—Linseed, Lint Bells.
Part Used—The ripe seed.

Description—Flax is an annual. The stem is very slender, 1 to 2 feet high and each of its few branches are terminated with one or two delicate violet blue flowers; these measure about $\frac{1}{4}$ inches broad; the 5 petals being large broad and slightly overlapping. The leaves are small, alternate, sharp pointed and thickly crowded on the stem. They have three longitudinal ribs. This plant is a native of Europe,

but may now be found here along roadsides, railroads and waste places.

Properties and Uses—Flax Seed are demulcent and emollient. Useful internally in inflammatory diseases, coughs, dysentery and urinary diseases. Externally the ground seed used in combination with Elm Bark make an excellent poultice for sores, ulcers and abscesses.

Dose—One teaspoonful of the seed to a cup of boiling water. Drink a large mouthful at a time, 3 to 6 times daily.



The doctor dug the roots in the solitude of the mountains where centuries before the aborigines did the same.

No. 14—Herbs, \$1 box.

Dropsy and Kidney Tea—The following formula, which I wish to contribute to your Herb Doctor, has been sold to me by an old herbalist. It has completely cured me and several parties to whom I gave some of the herbs of which I had made up more than I required, writes A. D., of Philadelphia.

Cheese Plant, 1 cupful.

Dog Grass, 1 cupful.

Sassafras Bark, $\frac{1}{2}$ cupful.

Rue Leaves, $\frac{1}{2}$ cupful.

Sandal Wood, $\frac{1}{2}$ cupful.

Juniper Berries, 1 cupful.

Indian Sage, $\frac{1}{2}$ cupful.

Indian Cherry, 1 cupful.

Take a teaspoonful of these mixed herbs and steep in a cup of boiling water for 30 minutes. Drink during the day.

**FEMALE FERN**

(*Polypodium Vulgare*, Fern Family.)

Common Names—Fern Root, Rock Brake, Rock Polypod, Brake Root, Common Polypody.

Medicinal Parts—The root and tops.

Description—This perennial has a creeping, irregular, brown root. The fronds are from six to twelve inches high, green, smooth and deeply pinnatifid. The fruit on the lower surface of the fronds is in large golden dots or capsules.

This fern is common on shady rocks in woods and mountains throughout the United States. The root has a peculiar and rather unpleasant odor, and somewhat sickening taste. Water extracts its properties.

Properties and Uses—This plant is pectoral, demulcent, purgative and anthelmintic. A decoction of syrup has been found very valuable in pulmonary and hepatic diseases. A strong decoction is a good purgative and will expel tenia and other worms. Dose of the powdered plant, from one to four drachms. Of the decoction of syrup, from one to four fluid ounces, three or four times a day.

Inflammatory Rheumatism — "Gather 4 or 5 fresh Mullein Leaves. Place them in a pan and barely cover with boiling water. Let remain for 10 or 15 minutes and apply the wet leaves as hot as possible to the affected parts." Writes C. W. H.

FOREIGN INDIAN HEMP

(Cannabis Indica.)

Common Name—Indian Hemp.**Medicinal Part**—The flowering tops.

Description—This is an herbaceous annual, growing about three feet high, with an erect, branched, angular bright green stem. The leaves are alternate, or opposite, on long lax foot-stalks, roughish, with sharply serrated leaflets tapering into a long, smooth entire point. The male flowers are drooping and long, the females simple and erect. The seeds are small, ash-colored and inodorous.

Foreign Indian Hemp, *Cannabis Indica*, or *Cannabis Sativa*, is a native of the Caucasus, Persia, but grows in the hilly regions of Northern India. It is cultivated in many parts of Europe and Asia; but medicine of value can only be made from the Indian variety, the active principle of the plant being developed only by the heat of the climate of Hindostan. The drug being developed only by the heat of the climate of Hindostan. The dried tops and resin are the parts used. The preparations called Churrus, Gunja, Bhang, Hashish, etc., sold in this country, are mostly feeble imitations of the genuine articles, and are comparatively worthless. Even the few specimens of the genuine productions which reach the shops and are sold at high prices are crude and inferior, and a matter of great difficulty to procure the genuine article even direct from dealers in India, unless you have had years of experience as a practising herbal physician, and have established business connections in various parts of the world as an importer of rare and pure medicinal herbs, barks, roots, resins, etc.

The *Cannabis Sativa*, or common hemp, possesses similar properties, and can be substituted if the Asiatic hemp is not procurable.

Properties and Uses—It is narcotic, anodyne and antispasmodic. It has been successfully employed in gout, neuralgia, rheumatism, locked jaw, convulsions, chorea, hysteria and uterine hemorrhage; but it is chiefly valuable as an invigorator of mind and body. Its exhilarating qualities are unequaled and it is a certain restorative in low mental conditions, as well as in cases of extreme debility and emaciation. In such cases it may be regarded as a real rejuvenator. It should be taken by the advice of one experienced in its

uses, in order that its merits may be properly and fairly experienced. The spurious hemp should never be taken, as it produces, what the genuine does not, unpleasant consequences.

As this is a very powerful drug and poisonous in overdoses, I would advise all readers to use it only with advice of an experienced physician.

Dose—A teaspoonful of the herb to a pint of boiling water. Take a tablespoonful 2 to 4 times a day, cold. Of the tincture, 2 to 5 min.



FRAGRANT VALERIAN

(*Valeriana Officinalis*, Valerian Family)

Common Names—Great Wild Valerian, Vandal Root.

Medicinal Part—The root.

Description—This is a large herb, with a perennial, tuberous, fetid root, most aromatic when growing in dry pastures, and a smooth, hollow, furrowed stem, about four feet in height. The leaves are pinnate, opposite, leaflets, from seven to ten pairs, lanceolate, coarsely serrated and on long footstalks. The flowers are flesh-colored, small and fragrant.

Valerian is a European plant, growing in wet places, or even in dry pastures, flowering in June and July. Several varieties grow in America, and are used, but the English Valerian is by all odds the best. The officinal part is the root. The taste of the root is warm, camphoraceous, slightly bitter, somewhat acrid and nauseous. The odor is not considerable; it is fetid, characteristic and highly attractive to cats and, it is said, to rats also. Besides valerianic acid the root contains starch, albumen, valerianin, yellow extractive

matter, balsamic resin, mucilage, valerianate of potassa, malates of potassa and lime, and phosphate of lime and silica.

Properties and Uses—Valerian excites the cerebro-spinal system. In large doses it causes headaches, mental excitement, visual illusions, giddiness, restlessness, agitation and even spasmodic movements. In medicinal doses it acts as a stimulating tonic, antispasmodic and calmative. It is temporarily beneficial in all cases where a nervous stimulant is required. The infusion and fluid extract contain all the virtues of the plant.

Dose—A teaspoonful of the root, cut small or granulated, to a pint of boiling water. Drink cold, one cupful during the day, a large mouthful at a time.

FUMITORY

(*Fumaria Officinalis*, Poppy Family).

Common Names—Hedge Fumitory, Earth Smoke.

Medicinal Part—The leaves.

Description—Fumitory is an annual, glaucous plant, with a sub-erect, much-branched, spreading, leafy and angular stem, growing from ten to fifteen inches high. The leaves are mostly alternate. Culpepper, who knew the plant which is now used, better than anybody else, said that "at the top of the branches stand many small flowers, as it were in a long spike one above another, formed like little birds, of a reddish purple color, with whitish bellies, after which come small round husks, containing small black seeds. The root is small, yellow and not very long, and full of juice when it is young." The fruit, or nut, is ovoid or globose, one-seeded or valveless. The seeds are crestless.

Fumitory is found growing in cultivated soils in Europe and America, and flowers in May, June and July. The leaves are the parts used. Culpepper recommended the whole plant, but the modern decision is to use the leaves, gathered at the proper time, alone. They have no odor, but taste bitter under all circumstances. They are to be used when fresh, and possess the same qualities as Culpepper affixes to the fresh root, viz.; malate of lime and bitter extractive principles.

Properties and Uses—Its virtues are chiefly tonic, and those who suffer from diseases of the stomach know too well that a tonic, if properly defined, is, simple as it may be, one of the most important remedies for human ailments nature has provided. Its chief value is

found in its action upon the liver. If used, in combination, with excellent effect in cutaneous diseases, liver complaints, such as jaundice, costiveness, scurvy and in debility of the stomach. An infusion of the leaves is usually given in a wineglassful every four hours. The flowers and tops have been applied, macerated in wine, in dyspepsia, with partial good effect.

Dose—Steep a heaping teaspoonful of these leaves into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day, a good cupful at a time. Of the tincture, 2 to 1 fl. dr.

GALANGAL

(Alpinia Galangal)

Common Name—Catarrh Root.

Medicinal Part—The root.

Description—Galangal is a native of China. The rhizome cylindrical, branched 2 inches long, about $\frac{1}{4}$ inch thick, annulate from leaf sheaths, rust brown in color, inside yellowish, fibrous, with many resin cells; odor and taste ginger like.

Properties—Galangal is a stimulant and aromatic, valuable in suppressed and painful menses, colds, stomach troubles, etc.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

GARDEN NIGHT SHADE

(Solanum Nigrum).

Medicinal Part—The leaves.

Description—This is a fetid, narcotic, bushy herb, with a fibrous root, and an erect, branching, thornless stem one or two feet high. Leaves are ovate, dentated, smooth and the margins have the appearance as if gnawed by insects. Flowers white or pale violet; fruit, a berry.

This plant is also called Deadly Nightshade, but is not to be confounded with Belladonna. It is found growing along old walls, fences and in gardens, in various parts of the United States, flowering in July and August. The leaves yield their virtues to water and alcohol.

Properties and Uses—It is a narcotic and sedative, producing, when given in large doses, sickness and vertigo. One to three grains of the leaves, infused in water, will produce a copious perspiration and purge on the day following. They have been freely used in cancer, scurvy and scrofulous affections, in the form of an ointment. Very small

doses are taken internally. These should always be prescribed, and their effects watched by a physician. It is better to use the plant only in the form of an ointment. The berries are poisonous, and will produce torpor, insensibility and death. Would advise my readers to avoid this plant.

Dose—A teaspoonful of the leaves, cut small, to a quart of boiling water. Take a teaspoonful at a time as required; of the tincture, $\frac{1}{2}$ to 1 min.



GENTIAN

(*Gentiana Lutea*, Gentian Family).

Medicinal Part—The root.

Description—This plant has a long, thick cylindrical, wrinkled, ringed, forked, perennial root, brown externally and yellow within, with a stem three or four feet high, hollow and erect; leaves ovate-oblong, five-veined, pale, bright green; the blossoms are large, of a bright yellow, in many flowered whorls, and the fruit is a capsule, stalked, oblong and two-valved.

This plant is common in Central and Southern Europe, especially on the Pyrenees and Alps, being found from 3,000 to 5,000 feet above sea level. The root affords the medicinal portion, and is brought to America chiefly from Havre and Marseilles. It has a feeble aromatic odor, and a taste at first faintly sweetish, and then purely, intensely and permanently bitter. It imparts its virtues readily to cold or hot water, alcohol, wine, spirits or sulphuric ether.

Properties and Uses—It is a powerful tonic, improves the appetite, strengthens digestion, gives force to the circulation, and slightly elevates the heat of the body. Very useful in

debility, exhaustion, dyspepsia, gout, amenorrhoea, hysteria, scrofula, intermittents, worms and diaorrhoea.

Dose—Of the powder, ten to thirty grains; of the extract, one to ten grains; of the infusion, a tablespoonful to a wineglassful; of the tincture, one or two teaspoonfuls.

Uncrystallized Gentianin is a most valuable substitute for quinia, acting as readily and efficaciously on the spleen, in doses of from fifteen to thirty grains, twice a day.

Gentiana Catesbei, or the blue or American Gentian, has a perennial, branching, somewhat fleshy root, with a simple, erect, rough stem, eight or ten inches in height, and bears large blue flowers. It grows in the grassy swamps and meadows of North and South Carolina; blossoming from September to December. The root is in some respects superior to the foreign gentian, and may be used as a substitute for it in all cases, in the same doses and preparations.

Gentiana Quinqueflora, or Five Flowered Gentian sometimes called Gall-Weed, on account of its intense bitterness, is very useful in headache, liver, complaint, jaundice, etc. The plant is found from Vermont to Pennsylvania, and a variety of it is common throughout the western States. It grows in woods and pastures, and flowers in September and October. It may be regarded as a valuable tonic and choleragogue, and deserves further investigation of its therapeutic properties.

There is another kind of gentian (*Gentiana Ochroleuca*), known by the names of Marsh Gentian, Yellowish White Gentian, straw colored Gentian, and Sampson Snake Weed. It has a stout, smoothish, ascending stem, one or two inches in height, its leaves two to four inches long, and three-fourths to an inch and a half in width, with straw-colored flowers two inches long by three-quarters thick, disposed in a dense, terminal cyme, and often in aux-cymes. It is found in Canada and the Southern and Western States, though rarely in the latter, blossoming in September and October; the root is the officinal part, although the tops are often employed. They are bitter, tonic, anthelmintic, and astringent. Used in dyspepsia, intermittents, dysentery, and all diseases of periodicity.

To two ounces of the tops and roots pour a pint and a half of boiling water, and when nearly cold add a half-pint

of brandy. Dose, from one to three tablespoonfuls every half hour, gradually increasing as the stomach can bear it, lengthening the intervals between the doses. It is also used for bites of snakes, etc.



GERMAN CHAMOMILE

(*Anthemis Nobilis*, Aster Family)

Medicinal Part—The flowers.

Description—This is a perennial herb with a strong fibrous root. The stems in a wild state are prostrate, but in gardens more upright, about a span long, round, hollow, furrowed, and downy; the leaves pale green, pinnate, sessile, with thread shaped leaflets. The flower-heads terminal, rather larger than the daisy, and of yellow color, or whitish.

Chamomile is indigenous to Southern Europe; we have also a common or wild Chamomile (*Matricaria Chamomile*) growing in the United States, but it is not considered as good as the German Chamomile for medicinal purposes, which is the kind I use. The white flowers are the best; they have an aromatic, agreeably bitter taste, and peculiar odor. They yield their properties to alcohol and water.

Properties and Uses—Chamomile is a tonic; one or two teacupfuls of the warm infusion will usually vomit. The cold infusion is highly useful in dyspepsia, and in all cases of weak or irritable stomachs, also in intermittent and typhoid fevers. The oil is carminative and antispasmodic, and is used in flatulency, colic, cramp in the stomach, hysteria, nervous diseases, and painful menstruation.

A poultice of Chamomile will often prevent gangrene, and remove it when present.

Dose—Steeping a teaspoonful of the flowers into a cup of boiling water for half hour. Drink a half cupful upon retiring at night, hot or cold. Or take a mouthful 3 times a day, 1 or 2 cupfuls may be taken. Of the tincture $\frac{1}{2}$ to 1 fl. dr.

GILLENIA

(Gillenia Trifoliata—Rose Family)

Common Names—Indian Physic, American Ipecas, Western Dropwort.

Medicinal Part—The bark of the root.

Description—Gillenia is an indigenous, perennial herb, with an irregular, brownish, somewhat tuberous root, having many long knotted, stringy fibres. The several stems are from the same root, about two or three feet high, erect, slender, smooth, and of a reddish or brownish color. The leaves are alternate, subsessile; leaflets lanceolate, acuminate, sharply dentated flowers are white, with a reddish tinge; and the fruit a two-valved, one-celled capsule. Seeds are oblong, brown and bitter.

This species is found scattered over the United States from Canada to Florida, on the eastern side of the Alleghanies, occurring in open hilly woods, in light gravelly soil. The period of flowering is in May, and the fruit is matured in August. The root yields its virtues to boiling water and alcohol.

Properties and Uses—It is emetic, cathartic, diaphoretic, expectorant and tonic. It resembles ipecac in action. It is useful in amenorrhea, rheumatism, dropsy, costiveness, dyspepsia, worms, and intermittent fever. It may be used in all fevers where emetics are required.

Dose—A heaping teaspoonful of the bark of the root to a pint of boiling water. Take a tablespoonful 2 to 4 times a day, cold. Of the tincture 2 to 5 min

Flax Seed Poultice—A poultice made of Flax Seed and taken with pulverized charcoal will prevent the spread or extension of mortification, separating the mortifying parts from the healthy flesh. Try this on old sores, tumors.

Inflammation of the Kidneys and Bladder Troubles—Take three tablespoonfuls of Buchu Leaves and six of Indian Sage. Pour over one quart of boiling water, let stand eight hours. Drink four tablespoonfuls four times a day. In severe cases one-half teacupful every three hours until relieved.

LOBAIN SYSTEM REGULATOR.

A delicious laxative and corrective of stomach and bowel troubles. It clears up the so-called "liver spotted skin," eruptions, pimples, blackheads, etc., because it overcomes and prevents putrefaction and absorbs the poisons in the stomach and intestines.

It is without a doubt the greatest laxative in the world. It quickly removes constipation and indigestion. A few days' treatment will clear the complexion wonderfully.

It may be taken in combination with any other remedy and will hasten a cure.

Dose—For adults, two teaspoonfuls one to three times a day. Children, half this quantity. May be given to babies over eight months old. Can do no harm to the weakest stomach. Should be taken just before a meal, or spread on bread and eaten with the meals; or may be dissolved in water or milk. If it loosens the bowels too freely reduce the dose.

A purely vegetable compound, delicious in taste and sure in results. It beautifies the complexion and prolongs life by purifying the system and strengthening the digestive organs.

It is highly recommended to be taken in combination with remedies for rheumatism, scrofula, syphilis, general debility, epilepsy, dyspepsia, obesity, gall stones, gravel and all urinary and nervous affections; also useful in opium, dope, tobacco and liquor habit.

Large jar, \$2.00.

Inflammation of the Liver—Use Formula No. 99, Herb Laxative Tea. Double the usual dose. Also make a tea by steeping two teaspoonfuls Sweet Weed and four teaspoonfuls of Dandelion Root in a pint of boiling water thirty minutes. Drink two to four cupfuls a day if necessary. Avoid all alcoholic drinks.

Appendicitis and Constipation—Take one teaspoonful of Buckthorn Bark, one teaspoonful Black Butternut Bark, steep in a cup of boiling water for ten minutes. Dose—One tablespoonful as often as necessary. Licorice Root and Angelica Root may be added to improve the flavor.

All of the teas in this book should be taken cold, except when otherwise stated.

GOLDEN SEAL

(*Hydrastis Canadensis*, Crowfoot Family)

Common Names—Yellow Puccoon, Ground Raspberry, Tumeric Root, *Hydrastis*, Yellow Root, Orangeroot.

Medicinal Part—The root.

Description—This indigenous plant has a perennial root or rhizome, which is tortuous, knotty, creeping, internally of a bright yellow color, with long fibers. The stem is erect, simple, herbaceous, rounded, from six to twelve inches high, bearing two unequal terminal leaves. The two leaves are alternate, palmate, having from three to five lobes, hairy, dark-green, cordate at base, from four to nine inches wide when full grown. The flower is a solitary one,



small, white or rose-colored, and the fruit resembles a raspberry, is red, and consists of many two-seeded drupes. It is found growing in shady woods, in rich soils, and damp meadows from Southern New York to Minnesota, south to Georgia and Missouri, but principally in Ohio, Indiana, Kentucky and West Virginia. It flowers in May and June. The root is the officinal part. Its virtues are imparted to water or alcohol. The root is of a beautiful yellow color, and when fresh is juicy, and used by the Indians to color their clothing, etc.

Properties and Uses—The root is a powerful tonic, at the same time exerting an especial influence upon the mucous surfaces and tissues, with which it comes in contact. Internally, it is successfully administered in dyspepsia, chronic affections of the mucous coats of the stomach, erysipelas, remittent, intermittent, and typhoid fevers, torpor of the

liver, and wherever tonics are required. In some instances it proves laxative, but without any astringency, and seems to rank in therapeutical action between rhubarb and blood-root.

A mild decoction of two parts of Golden Seal and one part of Geranium or Cranebill is very valuable in gleet, chronic gonorrhoea, and leucorrhoea, used in injection. It is likewise of much benefit in incipient stricture, per-matorrhoea, and inflammation and ulceration of the internal coat of the bladder. Ulceration of the internal coat of the bladder may be cured by the decoction of Golden Seal alone. It must be injected into the bladder, and held there as long as the patient can conveniently retain it. To be repeated three or four times a day, immediately after emptying the bladder.

A recognized authority on *Materia Medica* and Therapeutics connected with the Jefferson Medical College of Philadelphia says of Golden Seal: "Very useful as a stomach tonic and in atonic dyspepsia. Cures gastric catarrh (catarrh of the stomach) and headaches accompanying same. In catarrh of the gall duct and jaundice, it is of especial utility. Constipation, dependent upon different deficient secretions, with hard and dry stools, may be overcome by the remedy. Chronic catarrh of the intestines, even if it has proceeded to ulceration, is remarkably benefited by Golden Seal. In fissure of the anus, hemorrhage (bleeding) from the rectum, and ulceration of the rectal mucous membrane, Golden Seal produces healing. It may be given as a remedy for intermittent, chronic and malarial poisoning, and enlarged spleen of malarial origin. It diminishes mucus in catarrh of the bladder. Valuable in uterine hemorrhage, menorrhagia (flooding) and vaginal leucorrhoea, ulceration and erosion of the cervix, unhealthy and sloughing sores and old ulcers of the leg."

From the foregoing it must be readily seen how strongly indicated is its use and applicability in all catarrhal conditions, whether of the nasal passages, throat, bronchia, stomach, intestines or of other regions where mucous surfaces are affected, as in pelvic catarrh of females, catarrh of the bladder, and in fact in all catarrhal affections of whatever organ or part.

This powder may be used in a number of different ways. A teaspoonful placed in a pint of boiling water makes a most efficient vaginal douche

and antiseptic and soothing lotion. Valuable for leucorrhoea, inflammation of the vagina and uterus, etc. It may be snuffed up into the nostrils for catarrh and may be used as a mouth wash.

Golden Seal is the most important ingredient of our Formula No. 2 Golden Seal Salve and it is due to this ingredient that it has proven of such remarkable value in nasal catarrh, old ulcers, inflammation of the vagina, uterus, etc. The same is true of our Formula No. 136 Catarrh Powder.

Dose—Place one teaspoonful of the powdered root into a pint of boiling water. Let stand until cold. Drink 1 or 2 teaspoonfuls 3 to 6 times a day.



Gold Thread.



Ginseng

GOLD THREAD

(*Coptis Trifolia*, Crowfoot Family)

Common Names—Mouth Root, Canker Root, Yellow Root.

Medicinal Part—The root and plant.

Description—This plant has a small, creeping, perennial root, of a bright yellow color; the stems are found, slender, and at the base are invested with ovate, acuminate, yellowish scales. The leaves are evergreen on long, slender petioles; leaflets roundish, acute at base, small and smooth and veiny and sessile. The flower is a small starry white one, and the fruit an oblong capsule, containing many small black seeds.

Gold Thread is found growing in dark swamps and sphagnum woods in the northern parts of the United States, and in Canada, Greenland, Iceland, and Siberia. It flowers early in the spring to July. The root is the medicinal part, and autumn is the season for collecting it.

Properties and Uses—It is a pure and powerful bitter tonic, somewhat like

quassia, gentian and columbo, without any astringency. It may be beneficially used in all cases where a bitter tonic is required, and is decidedly efficacious as a wash or gargle, when a decoction, in various ulcerations of the mouth. In dyspepsia, and in chronic inflammation of the stomach, equal parts of Gold Thread and Golden Seal, made into a decoction, will not only prove effectual but in many instances will permanently destroy the appetite for alcoholic beverages.

Dose—Steep a teaspoonful of the granulated root into a cup of boiling water, for half hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the tincture 5 to 10 min.

GINSENG.

(*Panax Quinquifolium*.)

Common Names—Chinese Seng, Ninsin, Five Fingers, Seng.

Part Used—The dried root.

Description—Ginseng is a perennial herb propagated by seed only. Seedlings appear about the last of April or first of May. At first they somewhat resemble newly sprouted beans. They send up the two cotyledons with a stem bearing three green leaves, seldom rising more than two or three inches above the ground. The work of the plant during the first year is to develop the bud at the crown of the root, which is to produce the next season's stem and leaves. In the autumn the stem dies and breaks off, leaving a scar at the side, of which is the bud for next season. In the spring of the second year this bud produces a straight, erect stem, at the top of which from two to three leaf stems appear and from five to eleven leaflets. Occasionally a stem root will send up more than one stem, each developing a top. The flower stem does not appear the first year, and with but few exceptions does it appear until the third year. The seed stem which puts forth from the middle of the stem, the first year about an inch in length, increasing until it reaches the extreme height of from four to eight inches.

The stem bears an umbel of small greenish-yellow flowers on little stalks, from one-half to an inch long, the whole forming a compact cluster or umbel. The number of flowers on each umbel varies from three to more than one hundred. Like everything else, with this plant, there is a great variation in the number of flowers with the individuals, with age and environments.

The flower stem appears soon after the pant unfolds, but it matures the bloom from the first of June to July. Berries form on each stem of the umbel, and ripen sometimes as early as the latter part of July, continuing on up to frost. The berries are a bright crimson with a shiny surface, and each berry is from one to four-seeded. The fruit is edible and has a taste similar to the root.

Ginseng is a very shy plant and possesses more peculiar traits than any other plant known to me. It loves seclusion, and hence is found in mostly unfrequented localities. It is found growing almost entirely in the shade, the sunshine being nearly always fatal. The seed germinate in eighteen months instead of six, as is the case with ordinary plants. The berries, on the same umbel, vary greatly in time of ripening, number of seed and shape of berries.



The root when deprived of top or bud, will lay in the ground all summer, forming a new bud for the next spring's growth. The roots may be divided at the neck and treated the same as budless plant, and in the following spring each will send up a new top. The plant is very hardy and may be cultivated with profit, but must be grown in the shade.

The best location is a northern slope, though most any may be used. Soil should be thoroughly enriched by stirring in leaf mould, stable manure, etc. As the amount of ground occupied by a nursery would be very small. You can take almost any soil and give it the proper qualities, but the deeper the soil, the better, as it will hold the moisture longer and drain itself better. Moisture is necessary to the plants, but a heavy, clammy, water soaked soil will not do, and a hard sub-soil of clay is likely to be too wet in the spring and too dry in the summer.

After you have your beds once pre-

pared and planted, you have but little cultivation to do, except keeping the weeds pulled out and see that no enemies bother, such as man, beast or insects, and notice that your plants are kept in healthful condition.

Roots for market should be dug in the fall, as they are not so full of sap, and will lose less in weight. After plants get seven or eight years old, other roots start from near the top that take the strength from the old roots, which soon become soft and spongy and of little value for drying. The small top roots can be cut off and used and will grow good plants.

In digging be careful not to break or bruise the roots. Use a spading fork or some similar tool. After they are dug wash immediately before the dirt becomes dry and hard.

They can be dried in or around the stove or in open air. If roots are not thoroughly dried, will mould and spoil.

After drying put in clean boxes and ship to market. In every large city you will find dealers in Ginseng and Golden Seal.

Properties and Uses—The root of ginseng is used for medicinal purposes, to some extent in this country, but chiefly in China. It is therefore an article of export, brought up by dealers in this country for that purpose. While an official drug in this country according to the United States Pharmacopoeia, from 1840 to 1880, it is at present classed among the unofficial Drug-plants and quoted as such on Page 51 of Bulletin No. 89, U. S. Department of Agriculture, Bureau of Plant Industry. From the results obtained by recent scientific investigation, indications seem favorable that the real merits of ginseng may soon be discovered in this country also, and that it will prove to be a very valuable drug.

There are more than 400,000,000 Chinese and Koreans who place a high value on it as a remedy for nearly all diseases from the humblest citizen through all the grades of society, including the most profound esteemed scholarship, high officials and Emperor. The inhabitants of China have for ages had unlimited faith in the power of ginseng to prevent and cure many of the ills of the human body.

It was formerly thought that they used it in their religious rites in a superstitious manner, but this has been investigated and found to be erroneous, as they use it altogether as a medicine.

Besides using it in almost every description of diseases of a severe character, a few of the wealthy use it as a preventative, while in Southern China, owing to the heat and moisture of their climate, ginseng is taken infused with most of their drinks and taken even with some of their solid foods as a precautionary measure against sickness.

GLOBE FLOWER

(*Cephalanthus Occidentalis*, 'Madder Family.)

Common Names—Button Bush, Pond Dogwood, Button Wood Shrub.

Medicinal Part—The bark.

Description—This is a handsome shrub, growing from six to twelve or more feet high, with a rough bark on the stem, but smooth on the branches. The leaves are opposite, oval, acuminate, in whorls of three, from three to five inches long by two to three wide. The flowers are white, and resemble those of the sycamore, and the fruit a hard and dry capsule.

This plant is indigenous, and found in damp places, along the margins of rivers, ponds, etc., in Canada to Florida and California, flowering from June to September. The bark is very bitter, and yields its virtues to water and alcohol.

Properties and Uses—Tonic, febrifuge, aperient and diuretic. It is used with much success in intermittent and remittent fevers. The inner bark of the root forms an agreeable bitters and is employed in coughs and gravel. It deserves more notice than it receives, for my experience with it teaches me that it is a valuable medicinal plant.

Dose—Steep a teaspoonful of the granulated bark into a cup of boiling water for half hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the tincture 5 to 10 min.

GOATS RUE

(*Galega Officinalis*)

Medicinal Part—The herb.

Description—This is a perennial herb growing in the south of Europe and cultivated here. When bruised it emits a disagreeable odor. Its taste is unpleasantly bitter and rough and when chewed it stains the saliva yellowish brown.

Properties—It is supposed to be antisyphilitic and vermifuge. It is heralded as a capital remedy for developing thin people, but I have not found it beneficial.

Dose—A teaspoonful of the herb, cut small or granulated, to a cup of boil-

ing water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

GOLDEN ROD

(Solidago Odora)

Common Name—Sweet Scented Golden Rod.

Part Used—The leaves.

Description—This species of Golden Rod has a perennial creeping root and slender erect stem, 2 to 3 feet high, leaves sessile, linear-lanceolate, rough at the margin, elsewhere smooth and covered with pellucid dots. Flowers of a deep golden yellow color, arranged in terminal, paniced racemes. Grows in woods and fields throughout the U. S. Flowers from August to October. The leaves have a fragrant odor and a warm aromatic agreeable taste.

Uses—Golden Rod is romatic, moderately stimulant and carminative when cold. Diaphoretic when taken in warm infusion. Excellent to disguise the taste of medicinal herbs.

Dose—A teaspoonful of the leaves to a cupful of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

GOOSE GRASS

(Galium Aparine, Madder Family)

Common Names—Cleavers, Cleaverwort, Bed Straw, Catchweed.

Medicinal Part—The Herb.

Description—It is an annual succulent plant, with a weak, procumbent, quadrangular, retrosely-prickled stem, which grows from two to six feet high, and is hairy at the joints. The leaves are one or two inches in length, rough on the margin and tapering to the base. The flowers are white, small and scattered.

This plant is common to Europe and the United States, growing in cultivated grounds, moist thickets, and along banks of rivers, and flowering from June to September. In the green state the plant has an unpleasant odor; but it is inodorous when dried, with an acidulous, astringent, and bitter taste. Cold or warm water extracts the virtues of the plant, boiling water destroys them. The roots dye a permanent red.

Properties and Uses—It is a most valuable refrigerant and diuretic, and will be found very beneficial in many diseases of the urinary organs, as suppression of urine, calculous affections, inflammation of the kidneys and bladder, and in the scalding of urine in gonorrhoea. It is contra-indicated in diseases of a passive character, on account

of its refrigerant and sedative effects on the system, but may be used freely in fevers and all acute diseases.

The plant called *Galium Tinctorium*, or Small Cleaver, is nervine, anti-spasmodic, expectorant, and diaphoretic. It is used successfully in asthma, cough, and chronic bronchitis, exerting its influence principally upon the respiratory organs. The plant has a pungent, aromatic, pleasant, persistent taste.

Dose—An infusion may be made by steeping an ounce of the herb in a pint of warm water for two hours, of which from two to four fluid ounces may be given three or four times a day when cold. It may be sweetened with sugar or honey. It has also been found useful in many cutaneous diseases, as psoriasis, eczema, lichen, cancer, and scrofula, and is more particularly useful in these diseases when they are combined with strumous diathesis. Of the tincture $\frac{1}{2}$ to 1 fl. dr.



GROUND IVY

(*Nepeta Glechoma*, Mint Family)

Common Names — Gill-go-by-the-ground, Ale Hoof, Cat's Foot, Turnhoof, Field-balm.

Medicinal Part—The leaves.

Description—This plant is a perennial gray, hairy herb, with a procumbent creeping stem, varying in length from a few inches to one or two feet. The leaves have petioles, cordate, and hairy on both sides. The flowers are bluish purple. The corolla is about three times as long as the calyx. This plant is common in the United States and Europe, where it is found in shady

places, waste grounds, dry ditches, etc. It flowers in May or August. The leaves impart their virtues to boiling water by infusion. They have an unpleasant odor, and a harsh, bitterish, slightly aromatic taste.

Properties and Uses—It is stimulant, tonic and pectoral, and is useful in diseases of the lungs and kidneys, asthma, jaundice, hypocondria, and monomania. An infusion of the leaves is very beneficial in lead-colic, and painters who make use of it are seldom, if ever, troubled with that affection. The fresh juice snuffed up the nose often cures the most inveterate headache.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold 1 or 2 cupfuls a day. Of the tincture $\frac{1}{2}$ to $\frac{1}{2}$ fl. Dr.

GUM PLANT

(Grindelia Robusta)

Medicinal Part—The dried leaves and flowering tops.

Description—This is a native perennial herb, 1 to 3 feet high, growing in salt marshes and along mountain ranges. Leaves 2 in. long, broadly spatulate, oblong, sessile, sharply serrate, pale green smooth, finely dotted; heads many-flowered, resinous-viscid; flowers yellow, odor balsamic. Should be collected as soon as in full bloom.

Uses—Grindelia is useful in asthma, bronchitis, whooping cough, catarrh, of the bladder and uterus. It is eliminated the bronchial mucous membrane and the kidneys, stimulating both. Should however, only be used in small doses or it will irritate the kidneys. Externally in solution it is useful in burns, blisters, rheumatism.

Dose—A teaspoonful of the leaves and flowering tops, cut small or granulated to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

GUALIAC

(Guaiaecum Officinale)

Common Name—Lignum Vitae.

Medicinal Part—The wood and resin.

Description—This is a tree of slow growth, attaining a height of from thirty to forty feet; stem commonly crooked; bark furrowed; wood very hard, heavy, the fibres crossing each other diagonally. Leaves light blue, and the fruit an obcordate capsule.

This tree is an inhabitant of the West Indian Islands, and on the neighboring part of the continent. The wood is used by turners for making block-sheaves,

pestles, etc., and is very hard and durable. Both the wood and resin are used in medicine. Alcohol is the best solvent.

Properties and Uses—The wood or resin, taken internally, commonly excites a warmth in the stomach, a dryness of mouth, or thirst. It is an acrid stimulant and increases the heat of the body and accelerates the circulation. If the body be kept warm while using the decoction, it is diaphoretic; if cool, it is diuretic.

It is used in chronic rheumatism, cutaneous diseases, scrofula, and syphilitic diseases.

Dose—Steep a teaspoonful of the wood, granulated, into a cup of boiling water for half hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the resin 2 to 5 grains.

HAIRCAP MOSS

(Polytrichum Juniperum, Haircap Moss Family)

Common Names—Bears Bed, Robin's Eye, Ground Moss.

Medicinal Part—The whole plant.

Description—This is an indigenous plant, having a perennial stem, slender, of a reddish color, and from four to seven inches high; leaves lanceolate, and somewhat spreading. The fruit a four-sided oblong capsule.

This evergreen plant is found in high, dry places, along the margins of dry woods, mostly on poor sandy soil. It is of darker green color than the mosses in general. It yields its virtues to boiling water.

Properties and Uses—This plant is not much known as a remedial agent, but is nevertheless a valuable remedy. It is a powerful diuretic and very serviceable in dropsy. It is very useful in gravel and urinary obstructions. It causes no nausea or disagreeable sensations in the stomach, and may be used with the hydragogue cathartics with decided advantage in dropsical affections.

Dose—1 teaspoonful to a cup of boiling water. Drink one or two cupfuls a day a few swallows at a time. Tincture $\frac{1}{2}$ to 1 fl. dr.

HIGH MALLOW

(Malva Sylvestris, Mallow Family)

Common Names—Cheese Flower.

Medicinal Part—The herb.

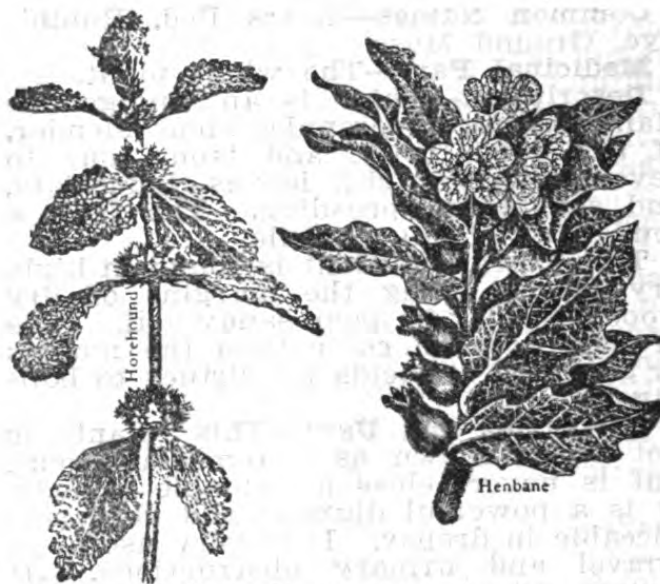
Description—This plant is a perennial, and has a round stem two or three feet high, and a tapering branching, whitish root. The leaves are alternate, deep green, soft, and downy. The flowers are large, numerous and of purple color;

calyx five-cleft; petals five; stamens, indefinite; pollen large, whitish.

The mallow is a native of Europe, but is naturalized in this country. It grows abundantly in fields, waysides, and waste places, and flowers from May to October. The whole plant, especially the root, abound in mucilage.

Properties and Uses—It possesses the properties common to mucilaginous herbs, and an infusion thereof forms an excellent demulcent in coughs, irritations of the air-passages, flux, affections of the kidneys and bladder, etc. In inflammatory conditions of the external parts, the bruised herb forms an excellent application, making, as it does, a natural emollient cataplasm.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold 1 or 2 cupfuls a day; a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.



HOARHOUND

(Marrubium Vulgare, Mint Family)

Common Name—Marrubium.

Medicinal Part—The herb.

Description—This well known herb has a fibrous, perennial root, and numerous annual, bushy stem, leafy, and branching from the bottom to one or two feet in height. The leaves are roundish-ovate, rough and veiny above, woolly on the under surface, one or two inches in diameter; the flowers small and white.

Hoarhound is a native of Europe, but has been naturalized in the United States, where it is very common, especially from Maine southward to Texas and westward to California and Oregon. It grows on dry, sandy, fields, waste

grounds and road sides, flowering from June to September. The entire plant has a white or hoary appearance; the whole herb is medicinal, and should be gathered before its efflorescence. It has a peculiar, rather agreeable, vinous balsamic odor, and a very bitter, aromatic, somewhat acrid and persistent taste. Its virtues are imparted to alcohol or water.

Properties and Uses—A stimulant, tonic, expectorant, and diuretic. It is used in the form of syrup, in coughs, colds chronic catarrh, asthma, and all pulmonary affections. The warm infusion will produce perspiration and flow of urine, and is used with great benefit in jaundice, asthma, hoarseness, amenorrhoea, and hysteria. The cold infusion is an excellent tonic in some forms of dyspepsia. It will expel worms and act as a purgative in large doses. It enters into the composition of several syrups and candies.

Dose—A teaspoonful of the herbs, cut small or granulated to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 10 to 60 min.

HENBANE

(*Hyoscyamus*, Niger Potato Family)

Common Names—Hogs Bean, Devil's Eye, Henbell, Jupiter's Bean.

Medicinal Part—The leaves, seed and root.

Description—Henbane is a biennial plant. It has a long thick spindle-shaped corrugated root, which is of a brown color externally, but whitish internally. The stem sometimes reaches the height of two feet, but often stops at an altitude of six inches. The leaves are large, oblong, acute, alternate, and of a pale, dull green color. They have long, glandular hairs upon the midrib. The flowers are funnel-shaped, of a dull yellow color with purple veins and orifice. The seeds are many small obovate and brownish.

Henbane is original with Europe, but has been naturalized in America. It grows in waste grounds, and flowers from July to September. The root, leaves and seeds are the parts medicinally used. The leaves are collected in the second year, when the plant is in flower; the seeds are gathered when perfectly ripe. It grows more plentifully than elsewhere in America, in the waste grounds of old settlements, in graveyards and around the foundations of ruined houses. Bruise the recent leaves, and they emit a strong narcotic odor,

like tobacco. Dry them and they have little smell or taste. Their virtues are complete extracted by diluted alcohol. The active principle of Henbane is called Hyosciamia, but all the recognized preparations are now known by the general name of Hyoscyamus.

Properties and Uses—Henbane is a powerful narcotic, and if improperly and injudiciously used, is "dangerously" poisonous. All narcotics are "dangerously" poisonous if dangerously administered. Nature grows wild her most potent medicinal herbs, and those which, if used by persons who understand them, are curative of the very worst afflictions of the human race, are also destructive to a small extent if applied and administered by parties who have not thoroughly studied their properties. Medicinally used, Henbane is calmativ, hypnotic, anodyne, and intispasmodic. It is always given where opium does not agree with the very best effects. It is used principally to cause sleep, and remove irregular nervous action. Combined with other preparations mentioned in many parts of this volume, it is most excellent for gout, rheumatism, asthma, chronic cough, neuralgia, irritations of the urinary organs, etc. The leaves make fine external preparations for glandular swellings or ulcers, etc. I instruct my readers never to use it, under any circumstances, without the advice of a good herbal physician.

Dose—A teaspoonful of the leaves cut small to a pint of boiling water. Take one teaspoonful at a time as required of the tincture 2 to 5 min.

HOPS

(*Humulus Lupulus*)

Medicinal Part—The strobiles or cones.

Description—This well-known twining plant has a perennial root, with many annual angular stems. The leaves are opposite, deep green, serrated, venated, and very rough. The flowers are numerous and of a greenish color. Fruit a strobile.

This plant is found in China, the Canary Islands, all parts of Europe, and in many places in the United States. It is largely cultivated in England and the United States for its cones or strobiles, which are used medicinally, and in the manufacture of beer, ale and porter. The odor of hops is peculiar and somewhat agreeable, their taste slightly astringent and exceedingly bitter. They yield their virtues to boiling water, but a better solvent than water is diluted

alcohol. Lupulin is the yellow powder procured by beating or rubbing the strobiles, and then sifting out the grains which form about one-seventh part of the hops. Lupulin is in globose kidney shaped grains, golden yellow and somewhat transparent, and preferable to the hops itself. Lupulite is the bitter principle of hops, and is obtained by making an aqueous solution of Lupulin.

Properties and Uses—Hops are tonic, hypnotic, febrifuge, antilithic, and anthelmintic. They are principally used for their sedative or hypnotic action—producing sleep, removing restlessness, and abating pain, but sometimes failing to do so. A pillow stuffed with hops is a favorite way for obtaining sleep. The tea or tincture is used in delirium tremens, nervous irritation, anxiety, exhaustion, and does not disorder the stomach nor cause constipation, as with opium. It is also useful in after-pains, to prevent chordee, suppress venereal desires, etc. Externally, in the form of a fomentation alone, or combined with Boneset or other bitter herbs, it has proved beneficial in pneumonia, pleurisy, gastritis, enteritis, and as an application to painful swellings and tumors. An ointment made by boiling two parts of Stramonium leaves and one or Hops in lard, is an excellent application in salt rheum, ulcers, and painful tumors. It is a powerful antaphrodisiac composing the genital organs, quieting painful erections in gonorrhoea, etc.

Dose—A teaspoonful of the flowers cut small or granulated to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

HORSEMINT

(*Monarda Punctata*)

Part Used—The leaves and tops.

Description—This is a perennial plant of the mint family, growing 2 to 3 feet high; stems branched, downy leaves 2 to 3 inches long, lanceolate, serrate, punctate, flowers yellowish, spotted red with pinkish bracts, downy calyx 5 toothed.

Properties and Uses—Horsemint is aromatic, pungent and bitter and contains volatile oil. It is useful as a carminative, stimulant, emmenagogue, nervine, diaphoretic, diuretic, inflatulent colic, nausea, rheumatism, neuralgia, diarrhoea, etc.

Dose—One teaspoonful of the granulated leaves or tops to a cupful of boiling water. Drink one or two cupfuls a day as required. Tincture 10 to 40 min.

HOUND'S TONGUE

(Cynoglossum Officinale, Borage Family)

Common Name—Gypsy-flower.**Medicinal Parts**—The leaves and root.**Description**—This biennial plant has an erect stem one or two feet high. The leaves are hoary, with soft down on both sides, acute, lanceolate, radical ones petiolate, cauline ones sessile, with cordate bases. The flowers are in clusters, calyx downy, corolla reddish purple, and fruit a depressed achenium.

Hound's Tongue grows on the roadsides and waste places of both Europe and America. The leaves and the root are the parts used in medicine. The root upon being gathered, emits an unpleasant heavy odor, which vanishes when it is dried. Its taste is bitter and mawkish. The fresh root is spoken of by several herbalists as being better than the desiccated or dried, but this probably arises from the fact that the roots they used had not been gathered at the proper time, dried in the correct way, or kept in a skilful manner. The dried root is quite as active as the fresh, if prepared by a person who knows its qualities.

Properties and Uses—It is chiefly valuable for coughs, catarrhs, bleeding from the lungs, and other disorganizations of the respiratory apparatus. The leaves and root are both applied, with great benefit, as a poultice to old ulcers, scrofulous tumors, burns, goitre, and recent bruises and abrasions.**Dose**—A teaspoonful of the leaves or root to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to $\frac{1}{2}$ u. dr.**Cynoglossum Morrisoni**, or **Virginia Mouse-Ear**, Beggars' Lice, Dysentery Weed, etc., is an annual weed with an erect hairy, leafy stem, two to four feet high. Leaves three to four inches long, oblong, lanceolate; flowers very small, white, or pale blue. It grows in rocky grounds and among rubbish. It is very efficacious in diarrhoea and dysentery. The root may be chewed or given in powder or infusion ad libitum.**HOUSE LEEK**

(Sempervivum Tectorum)

Common Names—Live for Ever, Sengreen.**Medicinal Part**—The leaves.**Description**—House-Leek has a fibrous root, with several tufts of oblong, acute, extremely succulent leaves. The stem from the center of these tufts is about a foot high, erect, round and

downy; flowers large, pale rose-colored, and scentless. Offsets spreading.

This perennial plant is a native of Europe, and is so succulent that it will grow on dry walls, roofs of houses, etc. It flowers in August. It is much cultivated in some places. The leaves contain super-malate of lime.

Properties and Uses—The fresh leaves are useful as a refringerant when bruised, and applied as a poultice in erysipelatous affections, burns, stings of insects and other inflammatory conditions of the skin. The leaves, sliced in two, and the inner urface applied to warts is a positive cure for them. It can be used for many skin diseases. The leaves also possess an astringent property, serviceable in many cases.

Dose—A teaspoonful of the leaves cut small or granulated to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

HYSSOP

(*Hyssopus Officinalis*, Mint Family)

Medicinal Parts—The tops and leaves.

Description—Hyssop is a perennial herb, with square stems, woody at the base and a foot or two in height, with rod-like branches. The leaves are opposite, sessile, linear, and lanceolate, green on each side; flowers, bluish-purple, seldom white; stamens four.

It is an inhabitant of Europe and this country, being raised principally in gardens, and flowers in July. The taste of the leaves is hot, spicy, and somewhat bitter, and yield their virtues to water and alcohol. They contain yellow oil and sulphur.

Properties and Uses—Stimulant, aromatic, carminative, and tonic. Generally used in quinsy and other sore-throats, as a gargle with sage. As an expectorant it is beneficial in asthma, coughs, etc. The leaves applied to bruises speedily relieve the pain and remove the discoloration.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

For Kidney Troubles—I think every one suffering with kidney troubles should try this. It strengthens the kidneys and is beneficial in every way.

Steep a half teacupful of Kidney Wort in a quart of cold water. Let remain five hours, drain and drink all during the day, but not during or immediately after meals. Writes A. in H.



No. 201—Herbs \$1 box. Liquid \$1 bottle.

Blood Purifying Tea—I wish to contribute a good spring medicine that my mother and grandmother used to make every year. It is pleasant to take and of great value as a blood purifier. Writes Mrs. R. H. of Milwaukee.

Senna Leaves, 4 teaspoonfuls.

Coriander Seed, 2 teaspoonfuls.

Fennel Seed, 1 teaspoonful.

Anise Seed, 1 teaspoonful.

Red Clover Flowers, 4 teaspoonfuls.

Turtle Bloom, 2 tablespoonfuls.

Take one teaspoonful of these mixed herbs and steep in a cup of boiling water for 30 minutes. Drink during the day.

Skin Diseases, Scrofula, Syphilis—I have an excellent remedy for these diseases which I am glad to contribute to your noble cause. It has cured numerous cases of long standing. Writes C. M. of Pa. Make a tea as follows:

Elder Flowers, dried, 2 tablespoonfuls.

Yellow Dock Root, 2 tablespoonfuls.

Steep in a pint of boiling water, allow to remain three hours. Dose—One tablespoonful for four hours a day. This is also good for rheumatism. If the patient is weak and anaemic a body tonic is also required.

Eczema, Itch, Etc.—I am sending a simple and perfectly harmless remedy which I have known to cure cases upon which good physicians and even specialists failed after months of treatment. One lad in particular went to specialists "galore," found no relief for nearly two years until as a last resort he tried this mixture. In two weeks he was entirely free from the sores.

Take equal parts of lard and tar, half as much sulphur as either lard or tar, and warm until the mixture stirs easily, also until sulphur is entirely dissolved. Bathe afflicted parts well, rubbing gently until the ointment disappears. When one is not going among others or where appearances are to be considered it is well to leave a thin coating over the diseased places. Writes E. T. E.

Send all orders direct to Joseph E. Meyer, Indiana Herb Gardens, P. O. Box 5, Hammond, Ind. You can then be sure to receive strictly pure, fresh herbs.

No. 600—Herbs, \$1.50 box. Tablets, \$1 box. Liquid, \$1 bottle.

Yellow Dock Clover Compound—This remarkable formula is composed of a number of roots and herbs known as Alteratives or Blood Purifiers, so harmless that it can be given to the public without fear of bad results. It is our favorite safe, sane and sure Herbal Alterative.

Crimson Clover, 4 parts.
Yellow Dock Root, 2 parts.
Oregon Grape Root, 2 parts.
Prickley Ash Bark, 1 part.
Poke Root, 4 parts.
Queens Delight, 4 parts.
Cheese Plant, 1 part.
Barberries, 1 part.
Senna, 1 part.
Sassafras, 2 parts.
Sarsaparilla, 4 parts.
Burdock, 4 parts.

Place a heaping teaspoonful of these herbs in a cup of water. Boil for a few minutes. Strain. Drink cold, one or two cupsful a day, a large mouthful at a time.



No. 666—Herbs, \$2 box.

Kansas Sunflower Compound—This is our most powerful Alterative yet non-poisonous and we offer it to the general public without fear of dangerous results. If this fails to produce the desired alterative action we have nothing else to offer or suggest.

No. 35—Price, 50c.

Wintergreen Embrocation—Made by us for an old physician for many years who has used it in his practice so successfully that we urged him to allow us to put the formula on the market. An exceptionally fine and efficacious article. Physicians will be more than pleased with it.

Golden Seal—Perhaps the most valuable root of the whole herbal kingdom. Retailing at present at about \$10 a pound. A powerful stomach tonic. Useful in catarrh of the stomach and gall duct and intestines and bladder. All advertised medicines claim to contain Golden Seal, but the quantity is so small that it has but little effect.

HELIONAS.

(Helonias Dioica, Aster Family).

Common Names—False Unicorn Root, Drooping Star Wort.**Medicinal Part**—The root.**Description**—This is an herbaceous perennial plant, with a large bulbous root, from which arises a very smooth angular stem one or two feet in height. The cauline leaves are lanceolate, acute and small; the radical leaves (or those springing from the root) are broader and from four to eight inches in length. The flowers are small, very numerous, greenish-white, disposed in long, terminal, nodding racemes, resembling plumes. The fruit is a capsule.

This plant is indigenous to the United States, and is abundant in some of the Western states, growing in woodlands, meadows and moist situations, and flowering in June and July.

Properties and Uses—In large doses it is emetic, and when fresh, sialagogue. In doses of ten or fifteen grains of the powdered root, repeated three or four times a day, it has been found very beneficial in dyspepsia, loss of appetite and for the removal of worms. It is beneficial in colic, and in atony of the generative organs. It is invaluable in uterine diseases, acting as a uterine tonic, and gradually removing abnormal conditions, while at the same time it imparts tone and vigor to the reproductive organs. Hence, it is much used in leucorrhoea, amenorrhoea, dysmenorrhoea, and to remove the tendency to repeated and successive miscarriage. The plant will kill cattle feeding on it and the decoction, insects, bugs and lice.**Dose**—Steep a heaping teaspoonful of this root, cut into small pieces, into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.**HORSE RADISH**

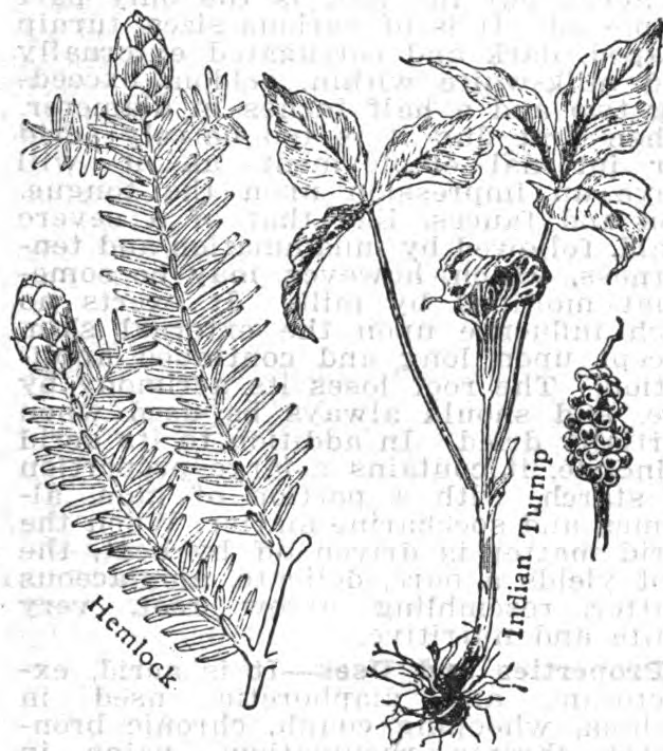
(Cochlearia Armoracia)

Medicinal Part—The root.**Description**—The root of this plant is perennial, sending up numerous very large leaves from the midst of which a round, smooth, erect, branchy stem rises 2 or 3 ft. high. The radical leaves are lanceolate, waved, scalloped on the edges and stand up on strong foot stalks. Those of the stem are much smaller, without foot stalks; flowers numerous, white. The pod is small divided into 2 cells each con-

taining from 4 to 6 seeds. The root is long and tapering; conical at top, fleshy, whitish externally and whitish within, of a strong pungent odor when scraped or bruised and of a hot biting taste.

Properties—The fresh root is far more powerful than the dried. It is useful in dyspepsia, rheumatism, dropsy, palsy, scurvy and hoarseness. Externally it is rubefacient.

Dose—A teaspoonful of the root to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.



HEMLOCK

(*Tsuga Canadensis*)

Common Name—Tanners' Bark.

Description—Hemlock grows 50 to 100 feet high, trunk 3 to 6 feet diameter, bark dull gray brown, perpendicularly seamed, coarse, with large plate-like scales, very red beneath. Twigs extremely soft, and slender, downy, light brown; needles often less than $\frac{1}{2}$ inch long; cones small $\frac{1}{2}$ to 3-4 inch long, broad ovoid, stalked and pendent; grows in swamps, mountain slopes, ravines, rocky woods.

Properties and Uses—Hemlock bark is a powerful astringent.

Dose—One teaspoonful of the bark to a cup of boiling water. Drink cold a large mouthful at a time; tincture 10 to 30 min.

INDIAN TURNIP

(*Arum Triphyllum*, Arum Family).

Common Names—Wake Robin, Jack in the Pulpit, Dragon Root.

Medicinal Part—The cormus or root.

Description—This plant has a round, flattened, perennial rhizome; the upper part is tunicated like an onion. The leaves are generally one or two, standing on long, sheathing footstalks; leaflets oval, mostly entire, acuminate, smooth and paler on the under side.

It inhabits North and South America, is found in wet locations, and flowers from May to June. The whole plant is acrid, but the root is the only part employed. It is of various sizes, turnip shaped, dark and corrugated externally and milk-white within, seldom exceeding two and a half inches in diameter. When first dug it is too fiercely acrid for internal employment, as it will leave an impression upon the tongue, lips and fauces, like that of a severe scald, followed by inflammation and tenderness, which, however, may be somewhat mollified by milk. It exerts no such influence upon the external skin, except upon long and continued application. The root loses its acrimony by age, and should always be used when partially dried. In addition to its acrid principle, it contains a large proportion of starch, with a portion of gum, albumen and saccharine matter. When the acrid matter is driven off by heat, the root yields a pure, delicate, amylaceous matter, resembling arrow root, very white and nutritive.

Properties and Uses—It is acrid, expectorant and diaphoretic, used in asthma, whooping cough, chronic bronchitis, chronic rheumatism, pains in the chest, colic, low stages of typhus and general debility; externally in scrofulous tumors, scald-head and various skin diseases.

Dose—Steep a teaspoonful of the root into a cup of boiling water for half hour. Drink a half cupful upon retiring at night, hot or cold. Or take a mouthful 3 times a day. One or two cupfuls may be taken. Of the tincture, 5 to 10 min.

Indian Sagwa—Take 1 tablespoonful Gentian Root, 1 of Mayapple, 1 of Rhubarb, 1 of Yellow Dock, 4 of Dandelion, 1 of Sacred Bark and 4 of Swamp Sassafras. Place this mixture in 2 quarts of water. Boil down to 1 quart. Dose, 1 or 2 tablespoonfuls 3 times a day.

No. 25—Two-oz. bottle, \$2; 12-oz., \$10.

Geranium Healing Lotion—This is a very powerful, though expensive healing lotion. It will heal small pimples and eruptions in almost a few hours. It is invisible and delicately perfumed and may be applied at any time without discomfort. It is of great value wherever a healing and disinfecting lotion can be applied, such as pimples, eczema, scrofula, chaps, sunburn, piles, running sores, gonorrhoea, leucorrhoea.

Directions—Spread on afflicted part with a clean feather or toothpick and allow to dry. Dilute with a few drops of water if it appears too strong. It may be used as a douche in leucorrhoea and all afflictions of the vagina by dissolving one teaspoonful of the lotion in a cupful of warm water. To make pimples disappear quickly apply with toothpick and allow to dry, at the same time take some strenuous exercise, such as running or skipping the rope, for three to five minutes. This brings the blood into circulation and hastens the cure.

No. 39—Box, 25c.

Medicated Dusting Powder—This is an ideal absorbent powder. It may be used with great benefit in weeping eczema, sores, chaffs and wherever a healing and cooling absorbent powder is indicated.

cases.

No. 72—Box, 50c.

Eye Tonic and Healing Lotion—Highly recommended for all diseases of the eyes. Tired, inflamed and sore eyes are promptly relieved. Brings back the lustre and freshness of youth to the eye. The eyes, more than any other part of the face, show signs of old age. This important fact is often sadly neglected.

Red Eyebright, 10 teaspoonfuls.

Golden Seal, 1 teaspoonful.

Fennel Seed, 3 teaspoonfuls.

Prairie Root, 2 teaspoonfuls.

Borax, 3 teaspoonfuls.

Steep $\frac{1}{2}$ teaspoonful of these mixed herbs in a cup of boiling water for 30 minutes, strain and bathe the eyes with the liquid, 2 to 4 times a day. Rub from the nose towards the ear.

Felons—"For felons on the finger, take fresh Ox Gall, apply as warm as one can bear it by dipping the finger into the gall. This will cure the felon and the worm will die at once. Keep finger in the gall until it is cold." Writes J. S. H., Jones, La.

ICELAND MOSS

(Cetraria Islandica).

Common Names—Consumption Moss, Eryngo-Leaved Liverwort.**Medicinal Part**—The plant.**Description**—Iceland Moss is a perennial, foliaceous plant from two to four inches high; a native of Britain and the northern countries of Europe, particularly Iceland. It is diversified in its color, being brownish or grayish-white in some parts, and of a reddish hue in others. It is without odor, with a mucilaginous, bitter, somewhat astringent taste, and when dry the lichen is crisp, cartilaginous and coriaceous, and is convertible into a grayish-white powder. It swells up in water, absorbing more than its own weight of that fluid, and communicating a portion of its bitterness to it, as well as a little mucilage; when long chewed it is converted into a mucilaginous pulp, and when boiled in water the decoction becomes a firm jelly on cooling.**Properties and Uses**—It is demulcent, tonic and nutritious. Used as a demulcent in chronic catarrh, chronic dysentery and diarrhoea, and as a tonic in dyspepsia, convalescence and exhausting diseases. Boiled with milk, it forms an excellent nutritive and tonic in phthisis and general debility. Its tonic virtues depend upon its cetrarin, which, if removed, renders the lichen merely nutritious.**Dose**—A teaspoonful of the plant to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time.**IRISH MOSS**

(Chondrus Crispus)

Common Name—Pearl Moss.**Part Used**—The dried plant.**Description**—Irish Moss grows on submerged rocks, to which it is attached by a small disk; when fresh the cartilaginous frond measures 6 to 12 inches long, more or less greenish but turning purple upon drying unless bleached; taste mucilaginous, saline.**Properties**—Irish Moss is demulcent, nutrient, dietetic, useful in bronchitis, dysentery, diarrhoea, kidney and bladder affections, scroffula.**Dose**—A teaspoonful of the dried plant to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

Address all orders direct to Joseph E. Meyer, Ind. Herb Gardens, P. O. Box 5, Hammond, Ind.

**INDIAN CHICKWEED**

(*Stellaria Media*, Pink Family).

Common Names—Chickweed, Starwort.

Description—This plant is an annual or biennial weed, from six to fifteen inches in length, with a prostrate, brittle and leafy stem. The leaves are ovate-cordate; the lower ones on hairy petioles. The flowers are small and white, petals two-parted, stamens three, five or ten.

It is a common plant in Europe and America, growing in fields and around dwellings, in moist, shady places. It flowers from the beginning of spring 'till the last of autumn. The seeds are eaten by poultry and birds. The whole herb is used when recent.

Properties and Uses—It is a cooling demulcent. The fresh leaves bruised and applied as a poultice to indolent, intractable ulcers, even when of many years' standing, will produce immediate and decided beneficial results, to be changed two or three times a day. The bruised leaves will likewise be found an invaluable application in acute ophthalmia. An ointment made by bruising the recent leaves in fresh lard may be used as a cooling application to erysipelatous and other forms of ulceration, as well as many forms of cutaneous diseases.

This is used by a large number of herbalists as an excellent treatment for obesity. It was noticed that cows grazing in a field of Chick Weed grew thin and scrawny; this induced some corpulent gent to use the tea and as results were favorable the herb became well known as a most harmless treatment for over-fatness.

Dose—One to two teaspoonfuls of the herb to a cup of boiling water. Drink cold 2 to 4 cups a day. Of the tincture, 1 to 2 fl. dr.

OBESITY AND ITS TREATMENT.

Over fatness is generally the result of too little exercise.

A fat person is generally languid and loath to exercise himself more than necessary. The extra work thrown upon the heart by all forms of exercise makes him more and more indolent. The heart becomes enlarged and the blood vessels become hard and inelastic. The muscles of the body are gradually changed into fat. The same change taking place in the walls of the heart, finally producing fatty degeneration of the heart. The liver and the kidneys undergo the same change.

The first and most essential thing to do, therefore, is to adopt a regular light exercise so as to not crowd the heart. This, however, must be kept up without a miss. The best exercises are walking and stooping down. Start with walking a few blocks every day. Increase the distance every week until you get down to five miles. Also try to touch your knees by stooping forward without bending the knees. Do this five times every morning and evening reaching below the knees a little further each day until after a few months of this treatment you are able to touch your toes.

Keep your bowels moving at least once or twice a day by the use of a harmless herbal laxative as Formula No. 99 Herb Laxative Tea.

The Laxative Tea may be taken hot or cold upon retiring at night. When the bowels move regularly the tea should be discontinued. See description of this formula in another part of this book.

One hour before breakfast drink a cup of tea made by steeping a heaping teaspoonful of Indian Chickweed in a cup of boiling water until it becomes cold.

This Chickweed was first brought to the attention of our early settlers through their cattle. A certain pasture was over run with the weed and the cattle that grazed in this particular pasture would not put on flesh.

During the day, preferably on an empty stomach, the patient should drink 1 to 3 cupfuls of the Saline Obesity and Nerve Tea, Formula No. 28, described below. If this tea is disagreeable to the patient's stomach it may be substituted with Obesity Tea, Formula No. 27. This tea is more pleasant to take, but not as quick in action as Formula No. 28.

No. 28—Herbs, \$1 box. Tablets, \$1.

Saline Obesity and Nerve Tea—As the name indicates this is a saline or slightly salty tea. It is agreeable, however, to most persons. The tea is also valuable as a nervine and in palpitation of the heart, exhaustion and other ailments peculiar to fat people.

5 parts Golf Wrack.

1 part Celery Seed.

2 parts Angelica Root.

$\frac{1}{2}$ part Nerve Root.

1 part Waywort Root.

Directions—Steep a level teaspoonful of this mixture into a cup of boiling water, allow to stand until cold. Drink 1 to 3 cupfuls during the day. It has a tendency to create thirst. The patient, however, must not satisfy this thirst except with more of the tea. It will do no harm to drink plain water, but the less water is taken the quicker the results.

No. 27—Herbs, \$1 box. Tablets, \$1.

Obesity Tea—This is a very pleasant aromatic tea and agreeable to most persons. It is an excellent diuretic, alterative and stimulant.

4 parts Swamp Sassafras.

1 part Sweet Balm.

1 part Elder Flowers.

1 part Rocky Mountain Grape Root.

2 parts Indian Chickweed.

Directions—Steep one heaping teaspoonful of these mixed herbs into a cup of boiling water. Let it remain until cool. Drink 1 to 3 cupfuls daily.

No. 23—Box, \$1.

Orange Bath Salts—This salt has been used with great effect in some instances for reducing superfluous flesh. The salts may be dissolved in the bathtub immediately before taking the bath. It is said that as the salt comes in contact with certain acids of the respiratory system an electro chemical action takes place which has a direct affect on superfluous flesh or fatty tissues.

On very hot summer days when the air is humid an Orange Salt bath is extremely refreshing and cooling. These salts are absolutely harmless. In fact, they may be taken internally in cases of colic and dysentery in doses of $\frac{1}{2}$ teaspoonful in a cup of cold water. They also impart to the body a delightful and refreshing odor.

One teaspoonful of the powder to each gallon of water is the average amount used for the bath.

IRON WEED

(Veronia Fasciculata, Composite Family)

Medicinal Part—The root.

Description—This is an indigenous, perennial, coarse, purplish-green weed, with a stem from three to ten feet high. The leaves are from four to eight inches long, one or two broad, lanceolate, tapering to each end. Corolla showy, and dark purple.

This is a very common plant to the Western States, growing in woods and prairies, and along rivers and streams, flowering from July to September. The root is bitter, and imparts its virtues to water and alcohol.

Properties and Uses—It is a bitter tonic, deobstruent, and alterative. In powder or decoction the root is beneficial in amenorrhoea, dysmenorrhoea, leucorrhoea, and menorrhagia. It is useful in scrofula and some cutaneous diseases.

Dose—A teaspoonful of the root to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

JABORANDI-PILOCARPUS**Part Used**—The leaflets.

Description—This shrub is 4 to 5 feet high, a native of Brazil, S. A., growing in forest clearings and on hill slopes; bark smooth with grey white dots. Flowers small, pinkish purple, leaflets $2\frac{1}{2}$ to 5 in. long, 1 to $1\frac{1}{2}$ in. broad, oblong or oval, yellowish green; shining, veins prominent on both sides, taste bitterish, salty, aromatic pungent.

Uses—Jaborandi is useful in dropsies, pleurisy, catarrhal jaundice, mumps, rheumatism, influenza, Brights Disease, meningitis, diabetes, asthma, hiccough, diphtheria. The leaves are also highly recommended to promote the growth of hair, applied as a wash locally and internally. It is one of the ingredients of our Grecian Hair Tonic. Formula No. 309.

Dose—A teaspoonful of the leaflets, cut small or granulated to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

JALAP

(Ipomoea Jalapa)

Medicinal Part—The root.

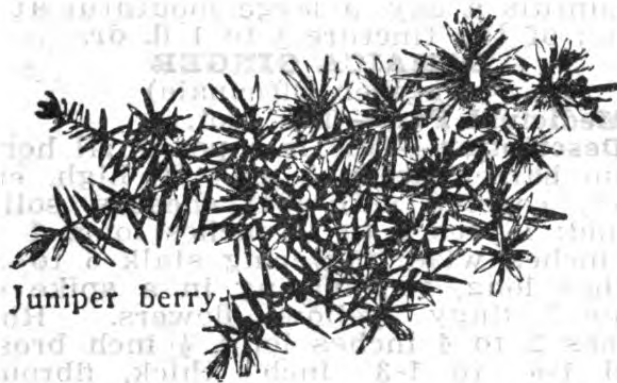
Description—Jalap has a fleecy, tuberous root, with numerous roundish tubercles. It has several stems, which are smooth, brownish, slightly rough, with a tendency to twine. The leaves are on long petioles, the first hastate,

succeeding ones cordate, acuminate, and mucronate. The calyx has no bracts, corolla funnel-shaped, purple and long. Fruit a capsule.

This plant grows in Mexico, at an elevation of nearly six thousand feet above the level of the sea, near Chicanquiaco and Xalapa, from which it is exported, and from which last named place it also receives its name. It is generally imported in bags, containing one or two hundred pounds. It is soluble in water and alcohol.

Properties and Uses—Jalap is irritant and cathartic, operating energetically, and produces liquid stools. It is chiefly employed when it is desired to produce an energetic influence on the bowels, or to obtain large evacuations. In intestinal inflammations it should not be used.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 1 to 5 min.



Juniper berry

JUNIPER

(*Juniperus Communis*, Pine Family)

Medicinal Part—The berries.

Description—This is a small evergreen shrub, never attaining the height of a tree, with many very close branches. The leaves are attached to the stem in threes. The fruit is fleshy, of dark-purplish color, ripening the second year from the flower. This shrub is common on dry, sterile hills from Canada south to New Jersey, west to Nebraska, and in the Rocky Mountains to New Mexico.

The peasantry in the south of France prepare a sort of tar, which they call "huile de cade," from the interior reddish wood of the trunk and branches, by a distillation per descensum. This is our popular Juniper Tar.

Properties and Uses—Juniper Berries are gently stimulant and diuretic, imparting to the urine the smell of violets and producing occasionally, when largely taken, disagreeable irritation in urinary passages. They are chiefly used as an adjuvant to more powerful diuretics in dropsical complaints; but have been recommended also in the scorbutic and cutaneous diseases, catarrh of the bladder, and atonic conditions of the alimentary canal and uterus. They may be given in substance, triturated with sugar, in the dose of one or two drachms three or four times a day. But the infusion is more convenient. It is prepared by macerating an ounce of the bruised berries in a pint of boiling water, the whole of which may be taken in the course of twenty-four hours. Extracts are prepared from the berries, bruised, and given in the dose of one or two drachms; but, in consequence of the evaporation of the essential oil, they are probably not stronger than the berries in substance.

Dose—A teaspoonful of the berries to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

JAMAICA GINGER

(Zingiber Officinale)

Medicinal Part—The root.

Description—This is a perennial herb, stem barren, leafy 3 to 4 ft. high, entirely covered with leaf sheaths, solid, round; leaves 6 to 12 inches long, 1 to $1\frac{1}{2}$ inches wide; flowering stalk 6 to 12 inches long, terminating in a spike of 2 or 3 dingy yellow flowers. Rhizomes 2 to 4 inches long, $\frac{1}{2}$ inch broad and 1-6 to 1-3 inch thick, fibrous, whitish or pale buff; agreeable aromatic pungent taste.

Properties—Ginger is useful in Atonic dyspepsia, flatulent, colic, gout, diarrhoea, cholera, chronic bronchitis.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

KAVA KAVA

(Piper Methysticum)

Common Name—Ava Root.

Medicinal Part—The root.

Description—Kava-Kava is a species of Piper and is native of the Sandwich Islands. The root is used for making a beverage by the natives called Kava.

Properties—The root has a lilac odor and bitter taste; it is tonic, stimulant, diuretic and diaphoretic. Highly prized

as a remedy for gonorrhoea, vesical and urethral affections and in gout.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

KOLA NUTS

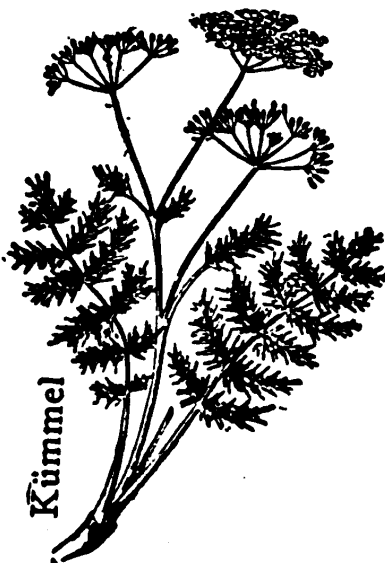
(Cola Acuminata)

Medicinal Part—The seed or nuts.

Description—Kola is a tree native of West Africa, 50 to 60 ft. high, smooth stem; leaves 6 to 8 inches long, lanceolate-ovate, acuminate; flowers yellowish, fruit yellowish brown, 5 segments, rough woody, follicle 4 to 5 in. long segment one to 3 seeded. Seed $1\frac{1}{2}$ in. long and one inch thick, flattened.

Properties—The seed contains caffeine, theobromine, tannin and starch. They are stimulant, tonic, nervine, diuretic, astringent, resembling cocoa in aiding endurance of fatigue without food; useful in neuralgia, headache, migraine, indigestion, weak and irregular heart.

Dose—A teaspoonful of the seed or nuts cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.



KUEMMEL

(Carum).

Common Names—Caraway.

Medicinal Part—The seed.

Description—This is a biennial herb, with a hollow stem, growing 1 to 3 feet high. Leaves bi or tripinnate, deeply incised. Flowers, small white, May to June. Fruit two-seeded cremocarp, oblong, flattened about 1-6 inch long.

Properties—The seeds are carminative, stimulant, diuretic and stomachic. They are useful in flatulent colic, especially in infants, and as a corrective to nauseous purgatives, and as a spice in cakes, etc.

Dose—A teaspoonful of the seed, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; the tincture, 5 to 20 min.



KNOT GRASS

(*Polygonum Persicaria*, Buckwheat Family.)

Common Names—Ladies Thumb, Spotted Knot Weed, Heartease.

Medicinal Part—The whole herb.

Description—The Knotweed is almost identical with Water Pepper, except that its leaves and the entire plant are often larger and the flowers are a pale pink, or purple, while those of Water Pepper are greenish white.

Properties and Uses—Knot Grass is very efficacious in expelling gravel or stone from kidneys and bladder, dissolves phlegm; the juice is used for wounds, sores, etc.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

KOUSSO

(*Brayera Anthelmintica*,)

Medicinal Part—The flowers.

Description—This is a tree, growing about twenty feet high, with round rusty branches. The leaves are crowded, al-

ternate; leaflets oblong, acute and serrate; flowers small, greenish, and becoming purple.

This tree grows upon the table-lands of Northeastern Abyssinia, at an elevation of several thousand feet. The flowers are the parts used. They are gathered when in full bloom, and are used in their fresh state, but are equally valuable when properly dried. After drying they are powdered, and in this form they are mixed with warm water and administered. The value of this medicine has been known for a long time, having been introduced in the French practice over 60 years ago. It is quite difficult to procure even the adulterated or spurious article in America or England; the-genuine is not to be obtained at any price in the drug stores.

Properties and Uses—In large doses it will produce heat of the stomach, nausea, and sometimes vomiting, and occasionally will act powerfully on the bowels, but this is only when injudiciously taken. Its chief property is developed in the destruction and expulsion of worms, especially the tape-worm. It is the surest of all remedies for that distressing affliction. Taken in the proper dose, it seems to have no general effect, but operates wholly and solely upon the worms. The dose of the powdered flowers in infusion is half an ounce to half a pint of warm water. It must be reduced for children. If the medicine does not operate in four hours, drink a tablespoonful of castor-oil. Of the tincture 1 to 4 drachms may be taken.

No. 227—Herbs \$1.50 box. Tablets \$1 box. Liquid, \$1 bottle; 6 for \$5.

Celery Elixir—An excellent nerve tonic and rejuvenator. Highly recommended to old men and women.

Celery Seed, 4 teaspoonfuls.

Angelica Root, 4 teaspoonfuls.

Lovage, 1 teaspoonful.

Golden Seal, 1 teaspoonful.

Sacred Bark, 1 teaspoonful.

Mallow, 4 teaspoonfuls.

Bear Berry, 2 teaspoonfuls.

Juniper Berries, 4 teaspoonfuls.

Take 11 teaspoonfuls of these mixed herbs and boil in a quart of water for 1 hour; strain. Add half pint of good brandy; sweeten to taste. Dose—Two tablespoonfuls before retiring.

If preferred to make this elixir without whiskey, steep a teaspoonful of mixed herbs in a cup of boiling water $\frac{1}{2}$ hour and drink before retiring, or as desired.



KIDNEY LIVER-LEAF

(*Hepatica Americana*, Crowfoot Family)

Common Names—Noble Liverwort, Liver Leaf.

Medicinal Part—The plant.

Description—This is a perennial plant, the root of which consists of numerous strong fibres. The leaves are all radical, on long, hairy petioles, smooth, ever-green, cordate at base, the new ones appearing later than the flowers. The flowers appear almost as soon as the snow leaves the ground in the spring. Fruit an ovate achenium.

Hepatica Acutaloba, or Heart Liver-Leaf, which possesses the same medicinal qualities, differs from the above in having the leaves with three ovate, pointed lobes, or sometimes five-lobed. They both bear white, blue or purplish flowers, which appears late in March or early in April.

These plants are common to the United States, growing in woods and upon elevated situations—the former, which is the most common, being found on sides of hills, exposed to the north, and the latter on the southern aspect. The plants yield their virtues to water.

Properties and Uses—It is a mild, mucilaginous astringent, and is freely used in infusion, in fevers, diseases of the liver, and for bleeding from the lungs, coughs, etc., it is a most valuable curative.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold one

or two cupfuls a day, large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

LAMBSQUARTERS

(Chenopodium Album)

Common Names—White Goosefoot, Pig Weed.

Part Used—The herbs.

Description—Lambsquarter is an annual plant growing 2 to 3 feet high. It has a sort of silvery greyish appearance. The leaves are whitish green, coarsely toothed, on long stalks, lighter beneath. The flowers are clustered into conspicuous green balls.

Properties and Uses—The herb is anthelminthic, antispasmodic, carminative. Should be used only in combination with other herbs.

LAVENDER

(Lavandula Vera and Lavandula Spica)

Medicinal Parts—The flowers.

Description—Lavandula Vera is a small shrub from one to two feet high, but sometimes attaining six feet. The leaves are oblong-linear or lanceolate, entire, opposite, and sessile. The flowers are of lilac color, small and in whorls.

Lavandula Spica is more dwarfish and more hoary than the last. Leaves oblong-lanceolate. This plant is not used in medicine, but furnishes the oil of Spike, much used in the preparation of artistical varnishes and by porcelain painters.

Lavandula Vera grows in the dry soils of Southern Europe, and flowers in July and August. It is largely cultivated in this country. The whole plant is aromatic, but the flowers are the parts used, and should be gathered shortly after their appearance, and carefully dried. The disease to which this plant is subject can only be prevented by not allowing them to grow too closely together.

Lavender flowers have a strong fragrant odour, and an aromatic, warm bitterish taste. They retain their fragrance after drying. Alcohol extracts their virtues, and a volatile oil upon which their odour depends rises with that liquid in distillation. The oil may be procured separate by distilling the flowers with water. Hagan obtained from a pound of the fresh flowers from half a drachm to two drachms of the oil.

Properties and Uses—The products obtained by its distillation are much used in perfumery, and as adjuvants to other medicines, which they render at the same time more acceptable to the palate, and cordial to the stomach. Lav-

ender is an aromatic stimulant and tonic, extremely useful in certain conditions of nervous debility, but seldom given in its crude state.

Dose—A teaspoonful of the flowers, cut small or granulated to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time;



LOBELIA.



Larkspur.

LARKSPUR

(Delphinium Condolida, Crowfoot Family)

Common Names—Lark Heel, Knight's Spur.

Medicinal Parts—The root and seeds.

Description—Larkspur is an annual herb, with a simple slender root, a leafy stem, from a foot and a half to two feet high, with alternating spreading branches. The leaves are sessile; flowers bright blue and purple.

Delphinium Staphisagria, or Stavesacre, which possesses the same properties as Larkspur, but to a greater degree, is an elegant upright herb, about the same height as Larkspur. Leaves broad, palmate, and petioled. Flowers bluish gray. Fruit a capsule.

Larkspur is a native of Europe, but has become naturalized in the United States, growing in woods and fields. Stavesacre is native to Europe, growing in waste places.

Properties and Uses—In medicinal doses emetic, cathartic, and narcotic. It has also vermifuge properties. The whole plant contains an acid principle which is sure death to all kinds of domestic vermin. The flowers and leaves were extensively used in the United States army during the rebellion to kill lice, and it is pretty well authenticated

that the same substance forms the basis of many preparations offered for the destruction of all noxious insects whose doom is better than their company. The flowers are emmenagogue, diuretic, and vermifuge. A tincture of the seeds, it is said, will cure asthma and dropsy. Also a specific for cholera morbus.

Dose—Two ounces of the seed added to one quart of diluted alcohol or whiskey makes the tincture, of which ten drops may be given three times a day. This, however, should be used only in extreme cases. This plant is very powerful and should only be used by physicians.

LOBELIA

(*Lobelia Inflata*, Bell Flower Family)

Common Names—Indian Tobacco, Wild Tobacco, Gagroot, Vomitroot, Bladderpod.

Medicinal Parts—The leaves and seeds.

Description—*Lobelia* is an annual or biennial indigenous plant, with a fibrous root, and an erect, angular, very hairy stem, from six inches to three feet in height. The leaves are alternate, ovate-lanceolate, serrate, veiny, and hairy; flowers small, numerous, pale blue; fruit a two-celled ovoid capsule, containing numerous small brown seeds. *Lobelia* flowers from July to November, and grows in nearly all parts of the United States, in fields, woods and meadows. The whole plant is active, and the stalks are used indiscriminately with the leaves by those who are best acquainted with its properties. The root is supposed to be more energetic, medicinally, than any other part of the plant. The proper time for gathering is from the last of July to the middle of October. The plant should be dried in the shade, and then be preserved in packages or covered vessels, more especially if it be reduced to powder. It was used in domestic practice by the people of New England long before the time of Samuel Thompson, its assumed discoverer.

Properties and Uses—Administered internally it is emetic, nauseant, expectorant, relaxant, sedative; anti-spasmodic, and secondarily cathartic, diaphoretic, and astringent. It is extensively used to subdue spasms and will give relief in epilepsy, tetanus, cramps, hysteria, chorea, and convulsions; but it is merely a temporary relief when administered internally and if not used with great skill and caution in that way, may do as much harm as good. Applied exter-

nally, in the form of an ointment, combined with healing and soothing barks and roots, it is decidedly the best counter-irritant known to mankind. In this shape its equal has never been discovered and probably never will be. There are any number of official preparations of Lobelia, but it is the opinion of the author that its chief value consists in being made into an ointment, with other rare and potent ingredients. There is nothing in nature that can favorably compare with it in this form. In other shapes it may be useful; but it is also dangerous unless given with care.

Dose—A teaspoonful of the leaves, cut small to a pint of boiling water. Take one teaspoonful at a time as required; of the tincture $\frac{1}{2}$ to 2 min.

LEVER WOOD

(Astrya Virginica, Birth Family)

Common Names—Iron wood, Hop Hornbeam, Deerwood.

Medicinal Part—The inner wood.

Description—This small tree of from twenty-five to thirty feet in height is remarkable for its fine, narrow, brownish bark. The wood is white, hard and strong; leaves oblong-ovate, acuminate, serrate, and somewhat downy. Flowers, fertile and sterile, green and appear with the leaves.

The inner wood and bark are the parts in which reside the curative virtues, and the latter, which are immense, readily yield to water. The tree flowers in April and May, and is common to the United States. The bark and wood should be gathered in August and September.

Properties and Uses—Lever Wood is anti-periodic, tonic and alterative. It is very good in cases of intermittent fever, neuralgia, nervous debility, scrofula and dyspepsia. It is sometimes administered with fair success, as a remedy for fever and ague.

Dose—A teaspoonful of the inner wood cut small or granulated to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

LIFE EVERLASTING

(Gnaphalium Polycephalum, Aster Family)

Common Names—Old Field Balsam, Indian Posy, Sweet Scented Life Everlasting, White Balsam.

Medicinal Part—The herb.

Description—This indigenous herbaceous annul has an erect, whitish, woolly, and much branched stem, one or two feet high. The leaves are alternate, ses-

sile, lanceolate, acute, and entire; flowers tubular and yellow.

Life Everlasting is found in Canada and Various parts of the United States, growing in old fields and on dry barren lands, flowering in July and August. The leaves have a pleasant, aromatic smell, and are the parts use. They readily yield their properties to water.

Properties and Uses.—It is an astringent. Ulcerations of the mouth and throat are relieved by chewing the leaves and blossoms. In fevers a warm infusion is found to be very serviceable; also in quinsy, and pulmonary and bronchial complaints. It is also valuable in infusion, for diseases of the bowels and hemorrhages; and the leaves, applied to bruises, indolent tumors, and other local affections, are very efficacious.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

Antemaria Margaritacea, or Pearl Flowered Life Everlasting, a perennial, possesses similar medicinal qualities.

LILY ROOT

(White Pond Lily, Castalla Odorata, Water Lily Family)

Common Names—Sweet-scented Water Lily.

Medicinal Part—The root.

Description—This plant grows in ponds and bears a white flower. It is common in ponds, marshes and sluggish streams from Canada to Florida and Louisiana.

Properties and Uses—Astringent and demulcent. The infusion is useful in diarrhoea, bowel complaints, leucorrhoea and scrofula. Good as a gargle for sore throat or mouth, and also as an injection in leucorrhoea.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 10 to 20 min.

LION'S ROOT

(Nabulus Albus, Chicory Family)

Common Names—White Lettuce, Rattle Snake Root, White Canker Weed.

Medicinal Part—The plant.

Description—This indigenous perennial herb has a smooth stem, stout and purplish, from two to four feet high. Radical leaves angular-hastate, cauline ones lanceolate, and all irregularly dentate.

This plant grows plentifully in moist woods and in rich soils, from New Eng-

land to Iowa, and from Canada to Carolina. The root, leaves and juice of the plant are employed.

Properties and Uses—A decoction of the root taken internally will operate most favorably in cases of dysentery. The milky juice of the plant is taken internally, while the leaves, steeped in water, are applied as a poultice (and frequently changed) for the bite of a serpent.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

LICORICE ROOT

(*Glycyrrhiza Glabra*.)

Common Name—Sweet Wood.

Part Used—The dried root.

Description—Licorice is a perennial herb, 2 to 5 feet high. Leaflets in pairs of 4 to 7, ovate, smooth, glutinous, beneath, dark green; flowers yellowish white or purplish, pulse shaped racemes, fruit legume 1 inch long, brown ovate, flat, 1 to 6 seeded; root grayish brown or dark brown, wrinkled lengthwise, internally yellow, taste sweetish.

Properties—Licorice is demulcent, expectorant, laxative, useful in febrile catarrhal conditions, bronchitis, bowel and urinary affections.

Dose—A teaspoonful of the dried root to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

LINDEN

(*Tilia*).

Common Names—Lime Tree.

Part Used—Flowers and Leaves.

Description—The American and European Linden are of the same species and differ only slightly in their appearance. The European is smaller and its leaves are smaller. The flowers possess no petal-like scales attached to the stamens as in the American.

The American Linden Basswood, as it is commonly known, is 50 to 70 feet high. Bark deep brownish gray, scored perpendicularly with elongated fissures. The leaves perfectly heart-shaped, 4 to 7 inches long, coarsely double toothed; flowers sweet-scented, 5 white petals and sepals, a scale alternating with each petal. Fruit shape and size of a pea, commonly called Monkeys Nuts.

Properties—The flowers and leaves are diaphoretic and stomachic, antispasmodic and sedative. A tea of Linden flowers and leaves are admirable

for promoting perspiration; it is also recommended for giving relief in chronic epilepsy and for curing epileptiform headaches. It is an old household remedy for quieting hard coughs and relieving hoarseness.

Dose—A teaspoonful of the flowers and leaves to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

LOW MALLOW

(*Malva Rotundifolia*, Mallow Family).

Common Names—Maller, Cheese Plant.

Medicinal Part—The whole herb.

Description—The family name Mallow is derived from the Greek *malassein* "to soften," as alluding to the demulcent qualities of these mucilaginous plants. The common Low Mallow is a well-known roadside plant, with large downy leaves, and streaked trumpet-shaped purple flowers, which later on furnish round button-like seeds, known to the rustics as "pick-cheeses," whilst beloved by schoolboys, because of their nutty flavour, and called by them "Bread and Cheese."

Properties and Uses—Demulcent and diuretic. Useful in retention of the urine, inflammation of the bladder, strangury, gonorrhoea and all troubles of the kidneys and bladder. It is especially recommended in inflammation of the kidneys and bladder and in dropsy.

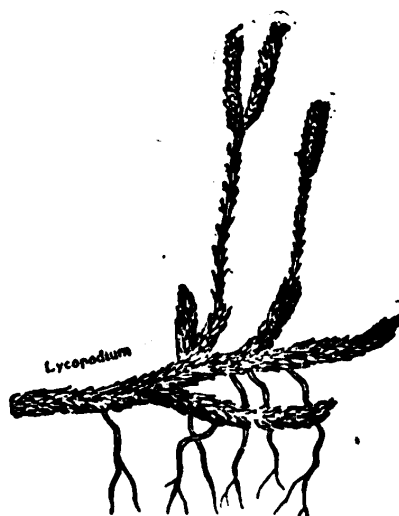
Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

Tape Worm—"I have been relieved of a large tapeworm by the following treatment after trying numerous other medicines. This prescription cost me \$5.00, but I gladly give it free," writes Mrs. Anna B. of Illinois.

Abstain from all food and drink as long as you can, say eight hours at the least. Then eat a handful of Pumpkin Seeds every hour for three hours a day. Make a tea of the following:

Two tablespoonsful dried crushed bark Pomegranate, 2 tablespoonsful dried crushed root Male Fern.

Steep in a quart of boiling water until cold, drain. **Dose**—Adults, one teacupful every hour. Follow with a dose of castor oil after the first day. Live on beef tea, chicken soup until the worm is expelled. Discontinue the treatment if patient is very weak and repeat when recuperated.



LYCOPODIUM

(L. Clavatum)

Common Names—Club Moss, Vegetable Sulphur.

Medicinal Parts—Spores and the moss.

Description—This is a low creeping perennial, stem 2 to 10 ft. long, slender, tough, flexible, woody; branches ascending; leafy peduncle 4 to 6 inches long, with 1 to 2 linear cylindrical spikes 1 to 2 inches long; leaves linear, and awl-shaped, $\frac{1}{4}$ inch long, dense, light green, tipped with a fine bristol, as are also the numerous bracts on the flowering spikes. The spores are obtained by cutting off the tops when the fruit spikes are nearly ripe; afterward the spores are shaken out and sifted.

Properties—The Moss is considered diuretic and antispasmodic; useful in rheumatism, epilepsy, dysentery and renal disorders. The spores are used externally to protect raw surfaces, erysipelas, eczema, herpes and ulcers.

Dose—A teaspoonful of the Moss, cut small or granulated to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

Stomach Remedy—A cheap and pleasant stomach remedy can be made by steeping four teaspoonfuls Wild Strawberry Leaves, two teaspoonfuls Master of the Wood herb and one teaspoonful Stone Root in a pint of boiling water for thirty minutes. Drink cold a few swallows before and after each meal.



LUNGWORT

(*Pulmonaria Officinalis*.)

Common Names—Maple Lungwort.

Medicinal Part—The leaves.

Description—This rough plant has a stem about one foot high. The radical leaves ovate, cordate; cauline one, ovate and sessile. Flowers blue; calyx, five-angled, corolla, funnel-shaped; stigma, emarginate; and the fruit a roundish, obtuse achenium.

Lungwort is a herbaceous perennial, growing in Europe and this country in northern latitudes. In Europe it is a rough-leaved plant, but in this country the entire plant is smooth, which exhibits the peculiar climatic influences. It is showy, and freely cultivated. It flowers in May. The leaves are used for medical purposes. They are without any particular odor. Water extracts their properties.

Properties and Uses—It is demulcent and mucilaginous, and in decoction very useful in bleeding from the lungs, and bronchial and catarrhal affections, and other disorders of the respiratory organs. Its virtues seem to be entirely expended from the lungs, and it is certainly an efficacious remedial agent for all morbid conditions of those organs.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture ! to 1 fl. dr.

MANDRAKE

(*Podophyllum Peltatum*, Barberry Family)

Common Names—May Apple, Wild Lemon, Raccoon Berry.

Medicinal Part—The root.

Description—This plant, which is illustrated by a cut, is an indigenous per-

ennial herb, with a jointed, dark-brown root, about half the size of the finger, very fibrous, and internally yellow. The stem is simple, round, smooth, erect, about a foot high, dividing at the top into two petioles, from three to six inches long, each supporting a leaf. The leaves are large, palmate, oftener cordate, smooth yellowish-green on top, paler beneath. The flower is solitary in the fork of the stem, large white, and somewhat fragrant. The fruit is fleshy, of a lemon color, and in flavor resembles the strawberry.

The Mayapple is found throughout the United States, in low, shady situations, rich woods, and fields, and flowers in May and June. The fruit matures in September and October. It is scarcer in New England than elsewhere. The Indians were well acquainted with the virtues of this plant. The proper time for collecting the root is in the latter part of October or early part of November, soon after the fruit has ripened. Its active principle is Podophyllin, which acts upon the liver in the same manner, but far superior to mercury, and with intelligent physicians it has dethroned that noxious mineral as a cholagogue.

Properties and Uses—Mayapple is cathartic, emetic, alterative, anthelmintic, hydragogue, and sialagogue. It is an active and certain cathartic. As a deobstruent it has no superior, acting through and upon all the tissues of the system and its action continues for a long time. In bilious and typhoid febrile diseases it is very valuable as an emeto-cathartic, breaking up the disease quickly. In chronic liver diseases it has no equal in the whole range of medicine. It can also be used as an alterative. In constipation it acts upon the bowels without disposing them to subsequent costiveness. It is also very beneficial in uterine diseases, and its office as a great remedy is extensive. It is one of the ingredients of our Calumet Laxative Compound.

Dose—A teaspoonful of the root, cut small to a pint of boiling water. Take one teaspoonful at a time as required; of the tincture 2 to 5 min.

La Grippe—"Here is the very best remedy I ever saw for La Grippe: Take a heaping teaspoonful of Indian Hyssop and Turtlebloom. Place into a cup of boiling water. Let it steep for 10 or 15 minutes and drink while still hot upon retiring at night. It will cure in 24 hours." It will cure in 24 hours.

Varicose Veins—Wear an elastic bandage over the protruding veins. Bathe afflicted part once a day with a tea made by steeping three teaspoonfuls of White Oak Bark in a cup of boiling water for half hour. If an ulcer has formed use only one teaspoonful of the bark to a cup of water and bathe freely.

Dropsy of the Scrotum—In a pint of boiling hot water, steep for ten minutes two teaspoonfuls Queen of the Meadow Herb, four teaspoonfuls Coughwort and four teaspoonfuls Yellow Parilla. Strain. Dose—A tablespoonful three times a day. Wear a suspensory bandage.

Varicocele of the Scrotum—Make a tea by steeping two teaspoonfuls Jesuits Bark in a cupful of boiling water. Strain; bathe parts with this tea every evening upon retiring, use cold. Apply Vitae Balm for Men every morning, as directed on label. Wear a suspensory at all times. If suspensory is too large to hold up scrotum well, fill it up with sufficient cotton. Internally, use formula No. 57 until one large box has been taken; then follow with Formula No. 127. Repeat the treatment if necessary. Price for the complete treatment as specified above, including suspensory, is \$5.00, postpaid.

Prostatic Weakness—Use Vitae Balm for Men as directed on label. Wear a suspensory. Insert one "Prostate Cone" into rectum every evening at bedtime. Prostate Cones are \$1 per box.

Vitae Balm for Men Only—This balm is to be applied externally to the private parts. It may be used in connection with Celery Elixir, Genito Urinary Specific and similar remedies. It is a powerful disinfectant and soothing balm.

Directions—Apply a portion the size of a pea and rub well into the skin. Use once or twice a week. Also bathe parts every evening before retiring with cold water. Price, per box, \$1.00.

Swollen Feet—"Take a large handful of Rag Weed. Place in a quart of water and bring to the boiling point. While warm bathe the feet in it." Writes R. H. G., Fairfax, Okla.

Gall Stones—A most excellent remedy for Gall Stones is a tea made by steeping one cupful of the herb Indian Sage and one cupful Mullein in an earthen vessel containing three quarts of boiling water, until cold. Dose—One cupful three times a day.

The formula below is a mild tonic with astringent and demulcent properties. It is included in this book for what it is worth. Judge the formula by its ingredients. It is reproduced exactly as we received it. We cannot attribute to it the properties the ardent contributor claims for it, but we can recommend it as being absolutely harmless and beneficial as a tonic. It is perhaps as good, or better, than any of the so-called Sexual Debility remedies on the market because it is harmless.



No. 57—Herbs, 50c box. Large box, \$1.50. Tablets, \$1 box; Liquid, \$1 bottle.

Spermatorrhoea Sexual Debility—Weak Manhood, Night Sweats, etc.—I want to give you a formula for your book, "The Herb Doctor," that has made a man of me. It has made me strong and healthy after I had tried every advertised manhood pill and medicine in Chicago. For years I was troubled with night sweats and other things too horrid to mention, and known only to sufferers of sexual debility, until one day an old man who was employed in a certain drug store, where I had been a frequent customer, took pity on my condition and gave the following formula. I am now a married man and have three healthy children, thanks to this kind old gentleman and the valuable formula. Writes R—.

Sage Leaves, 8 teaspoonsful.
Silver Mullein, 4 tablespoonsful.
Wild Clover, 4 tablespoonsful.
Blue Eyes Flowers, 1 teaspoonful.
Bear Berry, 6 teaspoonsful.
Gold Root, 1 teaspoonful.

Take one teaspoonful of these mixed herbs and steep in a cup of boiling water for 30 minutes. Drink cold upon retiring at night.

No. 59—\$1 per jar.

V Balm for Men—An Antiseptic and soothing application for inflammation and irritation of the private parts.

Rosemary—Excellent in heart dropsies. Useful in indigestion; creates appetite and cleanses stomach and liver.

MADDER

(Rubia Tinctorum)

Medicinal Part—The root.

Description—This plant has a perennial, long cylindrical root, about the thickness of a quill, and deep reddish-brown. It has several herbaceous, brittle stems. The leaves are from four to six in a whorl, lanceolate, mucronate, two or three inches long, and about one-third as wide. Flowers small and yellow.

Madder is a native of the Mediterranean and Southern European countries. The drug is chiefly imported from Holland and France. The root is collected in the third year of the plant, when it is freed from its outer-covering and dried. It is valued as a dye-stuff for its red and purple.

Properties and Uses—It is sometimes used to promote the menstrual and urinary discharges, but is not in very great favor. Combined in a preparation with other ingredients, it is of some considerable remedial value.

Dose—A teaspoonful of the root, cut small to a pint of boiling water. Take 1 teaspoonful at a time as required; of the tincture 2 to 5 min.

MAD-DOG WEED

(Alisma Plantago)

Common Name—Marsh Plantain.**Medicinal Part**—The leaves

Description—This perennial herb has all radical, oval, oblong, or lanceolate leaves, from four to six inches in length, on long radical petioles. The flowers are small and white, and the fruit a three-cornered achenium.

It inhabits the North American continent as well as Europe, grows in watery places and flowers in July.

Properties and Uses—It was once considered a capital remedy for hydrophbia, hence its name. But experience has demonstrated that as a cure for this horrible affliction it is impotent. In urinary diseases and affections, an infusion of the leaves, which must be dried and powdered, is very efficacious.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

Wallwort—The great healing root. Internally it cleanses lungs, stomach and bowels, dissolves phlegm, relieves stomach ache and cramps. Steep a clean cloth in a strong tea of this root and apply to wounds, scratches, bruises, fractures. It heals and reduces inflam-

MAGNOLIA

(*Magnolia Glauca*, Magnolia Family)

Common Names—White Bay, Beaver Tree, Sweet Magnolia.

Medicinal Part—The bark.

Description—This tree varies in height from six to thirty feet, being taller in the South than in the North. The leaves are alternate, petioled, entire, and of elliptical shape. The flowers are large and solitary, and of grateful odor. The fruit is a cone.

The therapeutical virtues of these trees are found in the bark and fruit. The bark of both the trunk and the root is employed. The odor is aromatic, and the taste bitterish, warm and pungent. It is gathered during the spring and summer. It has smooth and ash-colored bark, elegant, odoriferous, cream-colored flowers, and can be found in morasses from Massachusetts to the Gulf of Mexico. It flowers from May to August. There are other varieties which do not require especial mention or description.

Properties and Uses.—The bark is an aromatic, bitter tonic, and is also antiperiodic. It is used much in the stead of cinchona, and will remedy the intermittent fevers when cinchona has failed. It is used frequently as a substitute for Peruvian Bark, as it can be continued for a longer time and with more safety. Properly prepared it may be used as a substitute for tobacco, and will break the habit of tobacco-chewing.

Dose—A teaspoonful of the bark, cut small or granulated, to a cup of boiling water. Drink cold one cupful during day, a large mouthful at a time; of the tincture 1 fl. dr.

MAIDENHAIR

(*Adiantum Pedatum*, Fern Family)

Common Name—Maiden Fern.

Medicinal Part—The herb.

Description—This is a most delicate and graceful fern, growing from twelve to fifteen inches high, with a slender, polished stalk. Front pedate with pinnate branches.

Maidenhair is perennial, and grows throughout the United States in deep woods, on moist, rich soil. The leaves are bitterish and somewhat aromatic, and part with their virtues upon being immersed in boiling water.

Properties and Uses—It is refringent, expectorant, tonic and sub-astringent. A decoction of the plant is most gratefully cooling in febrile diseases, and it is of great benefit in coughs, catarrh, hoarseness, influenza, asthma,

pleuriy, etc. The decoction, or syrup, can be used freely.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

MALE FERN

(*Aspidium Filix Mas*, Fern Family)

Common Names—*Aspidium*.

Medicinal Part—The rhizome.

Description—Male Fern has a large, perennial, tufted, scaly rhizome, sending forth yearly several leaves, three or four feet high, erect, oval, lanceolate, acute, pinnate, bright green, and leafy nearly to the bottom; their stalks and midribs having tough, brown, and transparent scales throughout. Leaflets numerous, crowded, oblong, obtuse and crenate throughout.

Male Fern grows in all parts of the United States and Europe. The root has a dark brown epiderm, is almost inodorous, and a nauseous sweet taste. It contains a green fat oil, gum, resin, lignin, tannic acid, pectin albumen, etc. It should be gathered from June to September. After gathering, it should be carefully prepared, as on the preparation its virtues depend. It loses its virtues in two years if not properly preserved.

Properties and Uses—It is used for the expulsion of worms, especially tapeworms. It was used as such by Pliny, Dioscorides, Theophrastus, and Galen. It was the celebrated secret remedy of Madame Nouffer, the widow of a Swiss surgeon, who sold her secret to Louis XVI for 18,000 francs. It is, in fact, a royal anthelmintic, and worthy of all the high commendations it has received from ages past up to the present time.

Dose—Steep a heaping teaspoonful of the rhizome, cut into small pieces, into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture $\frac{1}{2}$ to 1 fl. dr.

Asthma—Take a handful of dry Indian Turnip. Put in a quart of good whiskey. Let stand 3 days and it is ready for use. Dose, 1 tablespoonful twice a day.

Leucorrhoea—"This recipe has been recommended to me by an Indian herb doctor and I have found it very efficacious. Take Beth Root and break into small pieces. Place 1 teaspoonful of the roots into a cup of boiling water. Let it remain until the water cools and drink just before bed-time every evening." Writes I. S., Lafayette, Ind.



Marygold

MARY GOLD

(Calendula)

Common Names—Calendula, Pot Mari-gold, Marybud, Holigold.

Parts Used—Leaves and Flowers.

Description—Calendula is an annual herb, 1 to 2 feet high, stem angular, roughish-hairy, leaves toothed, spatulate, oblanceolate; flower heads terminal two inches broad, yellow or orange yellow color.

Properties and Uses—Calendula is useful internally and externally in cancers, ulcers, wounds. It has also been used beneficially in jaundice, amenorrhoea, scrofula, low fevers and vomiting. The dried flowers or fresh leaves boiled in lard make an excellent salve.

Dose—A teaspoonful of the leaves and flowers, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

MATICO

(Piper Angustifolium)

Medicinal Part—The leaves.

Description—This is a tall shrub, presenting a singular appearance from its pointed stem and branches. The leaves are harsh, short-stalked, oblong-lanceolate, and acuminate. Flowers hermaphrodite.

This plant grows at Huanaco and elsewhere in Peru. The dried leaves are the parts used, and have a strong fragrant odor, and a warm, aromatic taste. They contain a dark-green resin, chlorophyll, brown and yellow coloring matter, gum nitrate of potassa, maticine, a volatile oil, salts, and lignin. The plant has long been used by the Indians of Peru in venereal diseases, but mostly for dis-

eases of the mucous membranes, over which it has a complete mastery. Having been employed as a mechanical agent to stanch blood by a soldier, it has received the name of Soldiers' Herb.

Properties and Uses—Matico is an aromatic stimulant. It is extremely useful to arrest discharges from mucous surfaces, leucorrhoea, gonorrhoea, and catarrh of the bladder. In this particular it is a very good substitute for Cubebs in the two last named diseases. As a topical agent for stanching blood it is excellent, and is used by surgeons to arrest venous hemorrhage. It acts mechanically as a styptic by the structure of its leaf which divides the blood and promotes its coagulation. Its use for this purpose is of course confined to arresting venous hemorrhage, only, from fresh cuts, wounds, abrasions, etc., and it is much more valuable for this purpose than is generally supposed. Dr. Ruschenberger made use of it in this way to arrest hemorrhage, after an operation on the side of the neck, below the angle of the jaw, in which there was considerable difficulty in taking up the divided vessels, owing to induration of the parts from chronic inflammation and with complete success. Its most useful internal application is probably as an alterative stimulant to diseased mucous membranes.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{4}$ to $\frac{1}{2}$ fl. dr.

MEADOW LILY (*Lilium Candidum*)

Medicinal Part—The root.

Description—The thick stem of this plant is from three to four feet high and arises from a perennial bulb or root. Leaves scattered, lanceolate, and narrowed at the base. Flowers are large, snow-white, and smooth inside.

The Meadow Lily is an exotic. It is a native of Syria and Asia Minor. The flowers are regarded as being very beautiful, but are not used for medicinal purposes. The plant is principally cultivated for the flowers. The bulb is the part used for its curative properties. Water extracts its virtues.

Properties and Uses—It is mucilaginous, demulcent, tonic and astringent. It is chosen by some of our best botanical practitioners as a certain remedy for leucorrhoea and falling of the womb, and for those affections when combined with Squaw Weed and other herbal preparations, is without an equal. Sometimes

the recent root is used to advantage in dropsy. Boiled in milk, it is also useful for ulcers, inflammations, fever-sores, etc.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

MEADOW SAFFRON
(*Colchicum Autumnale*)

Common Names—*Colchicum*.

Medicinal Parts—The cormus and seeds.

Description—The cormus of this plant is large, ovate, and fleshy. The leaves are dark-green, very smooth, obtuse, above a foot long, an inch and a half broad, keeled, produced in the spring along with the capsules. Flowers several, bright-purple, with a white tube appearing in the autumn, without the leaves. Fruit a capsule, seeds whitish and polished.

It grows in meadows and low, rich soils in many parts of Europe, and is common in England. The plant is annual or perennial, according to the manner in which it is propagated. The root resembles that of the tulip, and contains a white acrid juice. The bulb should be gathered about the beginning of July, and the seeds early in August. *Colchicia* is the active principle.

Properties and Uses—It is sedative, cathartic, diuretic, and emetic. Used in gout and gouty rheumatism; dropsy, palpitation of the heart; care should be used in its employment.

Dose—A teaspoonful of the cormus and seeds, cut small, to a pint of boiling water. Take one teaspoonful at a time as required; of the tincture 2 to 5 min.

Gall Stones—Take 10 teaspoonfuls of the ground root of Sweet Weed and one-half teaspoonful of Sacred Bark, boil in pint of water for 1 hour or until the liquid becomes slippery. Strain through cheese cloth and allow to cool. **Dose**—A half cupful or more if necessary. The first or second dose will bring relief and allow the stones to pass. No operation necessary. Entirely harmless. Excellent for kidney, bladder and bowel troubles.

Cathartic—Steep one teaspoonful Black Butternut Bark, one teaspoonful Ginger, one teaspoonful Senna Leaves, three teaspoonfuls Licorice Root in a cup of boiling water half hour. **Dose**—one to three teaspoonfuls at bedtime.

MEXICAN DAMIANA

(Tunera Microphylla.)

Common Name—Damiana.**Part Used**—The leaves.

Description—Damiana is a small, shrubby plant of Northern Mexico, Lower California and Texas, growing in dry soil. Leaves are alternate $\frac{1}{2}$ to one inch long, wedge-shaped base, toothed, obovate, light green, with whitish hairs, warm mint-like taste and aroma similar to oranges when dry.

Properties—The leaves are aphrodisiac, tonic stimulant, and Laxative. It is reputed to be an admirable tonic to the reproductive organs, especially when used in combination with Palmetto Berries.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

MILK WEED

(Euphorbia Corollata, Spurge Family)

Common Names—Large Flowering Spurge, Blooming Spurge, Bowman's Root, Emetic Root, Snakemilk, Milk Ipecac.

Medicinal Part—The bark of the root.

Description—This is a perennial plant with a round, slender, erect stem, one or two feet high, with a yellowish, large, and branching root. The leaves are scattered, sessile, oblong-obovate, smooth in some plants, very hairy in others, and from one to two inches in length. Flowers are white and showy, and fruit a three-celled capsule.

This plant grows plentifully in Canada and the United States, in dry fields and woods, and flowers from June to September. The bark of the root is the part used. The plant is readily detected by a milky fluid which exudes from the stem, when that is broken. This fluid, if applied to warts or wen, is of great benefit, in most cases banishing the offensive excrescences.

Properties and Uses—It is emetic, diaphoretic, expectorant, and epispastic. As an emetic the powdered bark of the root (say from fifteen to twenty grains) is mild, pleasant, and efficacious.

Dose—As an expectorant it is administered three grains at a time, mixed with honey, molasses, or sugar, as a cathartic, from four to ten grains are required. It is regarded, in doses of fifteen or twenty grains, as one of the very best remedies ever discovered for the dropsy. It has cured hydrothorax and ascites when all other means have failed.

No. 112—Herbs, \$1.50 per box. Liquid, \$1.00 bottle.

U. U. Tea—A mild but positive astringent and soothing demulcent composed of roots, herbs, barks and flowers distinguished for their palliative powers in irritation and inflammation of the water passages.

Uva Ursi Leaves, 10 parts.
 Juniper Berries, 5 parts.
 Cubeb Berries, 5 parts.
 Blue Eye Flowers, 1 part.
 Palmetto Berries, 5 parts.
 Acacia Vera, 5 parts.
 Marsh Mallow Root, 2 parts.
 Sandalwood, 2 parts.
 Cheese Plant, 2 parts.
 Barberries, 1 part.

Place a heaping teaspoonful of these herbs in a cup of water. Boil for a few minutes. Strain. Drink, cold, one or two cups a day, a large mouthful at a time.

Asthma—"A syrup made from the bark of Wild Plum is a sure cure for asthma. It has cured six cases in this town alone. The syrup is made by steeping a handful of the bark of Wild Plum into a quart of water. Boil down to 1 pint and add sugar to make a syrup. Dose, 3 or 4 tablespoonsful during the day." Writes C. D. S.

Cough Syrup—"Take 1 teacupful of Mullein Leaves and 1 teacupful of Hops, and 1 teacupful of Elder Flowers. Place into 1 quart of water. Boil down to 1 pint. Add 1 pound of sugar to make a thick syrup. Dose, 1 tablespoonful as needed." Writes C. J., Alabaster, Mich.

Tobacco Habit Remedy—Chew the dried herb of Indian Balsam mixed with Sweet Root or Licorice in place of tobacco. It satisfies the craving for smoking and chewing of tobacco and is beneficial for all ills of the throat and bronchial tubes. Cannot do harm. Price, per box, 50c.

Quinsy, Tonsillitis, Sore Throat—Gargle with Formula No. 135, Catarrh Mouth Wash and use Oriental Balsam Tablets. See page 57. For chronic cases use also S. S. S. Clover Compound.

Black Root—Very effective in the treatment of all pulmonary troubles, catarrh of long standing, hard breathing, heavy dull pains in the chest, coughs and hoarseness. Also relieves indigestion and gases in the stomach.

**MILFOIL**

(*Achillea Millefolium*, Aster Family)

Common Names — Thousand Seal, Nosebleed, Yarrow.

Medicinal Part—The herb.

Description—Milfoil, also called Thousand Seal, is from ten to twenty inches high, with a simple stem, branching at the top, and many long, crowded, alternate and dentate leaves spread upon the ground, finely cut, and divided into many parts. The flowers are white or rose-colored, and arrayed in knots upon divers green stalks, which arise from among the leaves. Fruit an oblong, flattened achenium.

Milfoil inhabits Europe and North America; it is found in pastures, meadows, and along road sides, flowering from May to October. The plant possesses a faint, pleasant, peculiar fragrance, and a rather sharp, rough, astringent taste, which properties are due to tannic and achilleic acid, essential oil, and bitter extractive, alcohol or water being its proper menstrum.

Properties and Uses—It is astringent, alterative, and diuretic, in decoction. It is efficacious in bleeding from the lungs and other hemorrhages, incontinence of urine, piles and dysentery. It is valuable in amenorrhoea, or suppressed or restrained menses, flatulency, and spasmodic diseases. It forms a useful injection in leucorrhoea or whites, also in menorrhagia, or profuse or too long continued menstruation. An ointment cures wounds, ulcers, fistulas, and the head bathed in a decoction prevents the falling out of the hair; while the leaves chewed in the mouth will frequently ease the toothache. Achilles is supposed to be the first that left the virtues of

this herb to posterity, hence the active principle of this plant is called Achilleine, which is much used as a substitute for quinia, in intermittent fevers in the South of Europe.

Dose—A teaspoonful of the herb, cut small or granulated, to a cup of boiling water. Drink cold, 1 cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.



MISTLETOE

(*Viscum Album*, Loranaceae Family)

Common Names—Bird Lime, All Heal, Devil's fuge.

Medicinal Parts—Young twigs and leaves.

Description—This is an evergreen parasite growing on the branches of deciduous trees. Its roots penetrating through the bark into the wood.

Properties and Uses—The physiological effect of the plant is that of lessening and temporarily benumbing such nervous action as is reflected to distant organs of the body from some central organ which is the actual seat of trouble. In this way the spasms of epilepsy and of other convulsive distempers, are allayed. Large doses of the plant, or of its berries, would on the contrary, aggravate these convulsive disorders.

Mistletoe tea is recommended for heart troubles, St. Vitus dance, and similar spasmodic nervous complaints; also to stop blood flux.

Dose—A teaspoonful of the young twigs and leaves, cut small to a pint of boiling water. Drink cold, 1 cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.



The Indians knew of the value of Palmetto Berries.

No. 127—Herbs \$1.50 box. Tablets \$1 box.
Liquid, \$1 bottle; 6 for \$5.

Genito Urinary Specific—For Men.
This preparation is conceded by modern physicians and herbalists to be an excellent tonic to the reproductive organs, as the mammae, ovaries, prostate, testes, etc., tending to increase their functional activity. It is sedative, nutritive and diuretic and is of special value in all inflammatory conditions of the genito-urinary tracts. In retention of the urine it gives prompt relief. Those suffering with spermatorrhoea, night sweats, etc., will recognize in this a most valuable formula.

Saw Palmetto Berries, 12 teaspoonfuls.
Sandalwood, 2 teaspoonfuls.
Couch Grass, 6 teaspoonfuls.
Damiana, 8 teaspoonfuls.
Golden Seal, 2 teaspoonfuls.
Lovage, 1 teaspoonful.
Juniper Berries, 8 teaspoonfuls.
Bear Berry, 6 teaspoonfuls.
Blue Eyes Flowers, 3 teaspoonfuls.
Marshmallow Root, 1 teaspoonful.
Cheese Plant, 4 teaspoonfuls.
Licorice, 1 teaspoonful.

Make a tea by steeping a teaspoonful of the mixed herbs in a cup of boiling water for $\frac{1}{2}$ hour. Drink at bedtime. Sweeten with honey if possible.

If it is desired to put up this remarkable remedy in bottles for sale, make it as follows: Take 5 teaspoonfuls of these mixed herbs, steep in a pint of boiling water for 3 hours, strain, add $\frac{1}{2}$ cupful of good brandy; sweeten to taste. Dose—Two tablespoonfuls 2 to 4 times a day.

Joseph E. Meyer

See that above signature is on every package of herbs you purchase. It is a guarantee of purity and quality.



The ugly, lowly squaw has revealed to her fallen white sister the legend of Lily Root, given unto suffering women by a kind fairy.

No. 220—Herbs \$1.50 box. Tablets \$1 box.
Liquid, \$1 bottle; 6 for \$5.

Virburnum Palmetto Compound—For ladies. Invigorates the generative organs and tones up the entire system. Especially recommended for sterility.

Squaw Bush and Lily Root have been known to the Indians for their effect on the urinary and generative organs. This is an excellent remedy for all urinary and bladder troubles.

Squaw Bush, 6 teaspoonfuls.
Palmetto Berries, 4 teaspoonfuls.
Bear Berry, 6 teaspoonfuls.
Golden Seal, 1 teaspoonful.
Lily Root, 6 teaspoonfuls.
Blue Eyes Flowers, 1 teaspoonful.
Arch Angel Root, 2 teaspoonfuls.
Marshmallow Root, 1 teaspoonful.
Cheese Plant, 6 teaspoonfuls.

Steep 10 teaspoonfuls of these mixed herbs in a quart of best red port wine, allow to remain seven days; strain. Sweeten to taste with honey. Dose—A tablespoonful once or twice a day, morning and at bedtime.

All of the teas in this book should be taken cold, except when otherwise stated.

No. 309—Herbs. 50c. Liquid, \$1 bottle.

Herbal Hair Tonic—This tonic may be applied every day like any other tonic. In very severe cases of falling hair add 2 teaspoonfuls of table salt to each pint of the hair tonic. It would be well to make two bottles of this tonic—one with salt and one without. The salt preparation to be used only two or three times a month; a day or so before shampooing the hair.

8 parts Wild Sage Leaves.
4 parts Foso Bark.
1 part German Chamomile.
1 part Elder Flowers.
2 parts Sulphur Flowers.
 $\frac{1}{2}$ part Sugar.
 $\frac{1}{2}$ part Salt.
 $\frac{1}{2}$ part Resorcin Crystals.

Directions—Take 8 teaspoonfuls of the above mixed herbs and boil in a pint of water one-half hour; strain, add a half cupful of alcohol and perfume to taste. Apply once each day, rubbing it into the scalp with the finger tips. A tablespoonful at a time.

Brush your hair daily with a good hair-brush. A comb may be used also if desired, but a brush must be used in addition at least once a day. There is a big difference in brushing the hair and merely combing it. Brushing invigorates the hair—combing thins it.

For Blond People, we recommend the following in place of the Herbal Hair Tonic: To a pint of boiling water add a teaspoonful of Yellow Dock Root, 2 teaspoonfuls Sulphur Flowers and 1 teaspoonful salt. Use once or twice a week. Perfume to taste.

No. 306—Box, 50c.

Orange Shampoo Compound—This is a combination of roots, herbs, barks and flowers to be used as a shampoo for the hair in the place of soap. The compound contains no soap whatever, yet it will give a most beautiful lather. The herbs are to be placed in a bag and used in the same manner as you would use a cake of soap. After each shampoo the bag should be hung up to dry and it can be used over and over again indefinitely. Do not allow the bag to lay in the water any longer than is necessary to shampoo the hair. The compound has a delightful odor.

Lilao Dry Shampoo — Useful for cleansing the hair without wetting. Stops falling out of hair and dandruff. Promotes the growth of hair. Box 35c.

MONKSHOOD

(Aconitum Napellus)

Common Names—Wolf's Bane, Aconite.**Medicinal Parts**—The leaves and root.**Description**—This plant has a small, napiform root, and simple, straight, erect-stems, about five feet high. The leaves are alternate, petioled, dark-green above, paler beneath. The flowers are large, deep bluishpurple, sometimes white, and hairy; fruit a capsule.

This perennial herb is a native of most parts of Europe, growing in wooded hills, and plains, and is much cultivated in gardens. It flowers in May and June. All parts of the plant contain powerfully poisonous properties; but the root is the part most generally employed for medical purposes. It yields Aconitina.

Properties and Uses—Although Monkshood in the hands of the intelligent physician is of great service, it should not be used in domestic practice. In improper doses all preparations of aconite act as an energetic acro-narcotic poison. As a sedative and anodyne, it is useful in all febrile and inflammatory diseases, and, indeed, in all affections in which there is an increase of nervous, vascular, or muscular action. In acute rheumatism, pneumonia, peritonitis, gastritis, and many other acute disorders, it has been used with the most decided advantage. Its action is more especially displayed in the highest grades of fever and inflammation.**Dose**—A teaspoonful of the root cut small to a quart of boiling water. Take 1 teaspoonful at a time as required; of the tincture $\frac{1}{2}$ to $\frac{1}{2}$ min.**MOUNTAIN LAUREL**

(Kalmia Latifolia, Heath Family)

Common Names—Sheep Laurel, Spoonwood, Lambkill, Calfkill, Calico Bush, Narrow Leaved Laurel.**Medicinal Part**—The leaves.**Description**—This handsome plant is a shrub, from four to eight feet high, with crooked stems and a rough bark. The leaves are evergreen, ovate, lanceolate, acute at each end, on long petioles, and from two to three inches long. The flowers are white and numerous. The fruit is a bay capsule.

Mountain Laurel inhabits the rocky hills, and elevated grounds of most parts of the United States. Its beautiful flowers appear in June and July. The leaves are reputed to be poisonous to sheep and other animals and it is said

that birds which have eat them will poison those who eat the birds. The leaves are the officinal part. Attention was called to their medicinal virtues by the use which the Indians make of them, viz., a decoction by which they commit suicide.

Properties and Uses—The plant, in medicinal doses, is antisymphilitic, sedative to the heart, and somewhat astringent. It is a most efficient agent in syphilis, fevers, jaundice, neuralgia and inflammation. The preparation should be used with great care and prudence. In cases of poisoning with this plant, either man or beast, whiskey is the best antidote. Externally, stewed with lard, it is serviceable as an ointment for various skin diseases.

Dose—A teaspoonful of the leaves to a pint of boiling water. Take a tablespoonful 2 to 4 times a day, cold. Of the tincture 2 to 5 min.



MOUSE EAR

(*Gnaphalium Uliginosum*)

Common Names—Mouse Ear, Everlasting.

Medicinal Part—The whole herb.

Description—The root is perennial, and produces upright flowering stems, together with prostrate runners or stolons like the strawberry plant. The leaves and stems bear a silky white wool. The flowers are small collected in the heads, which are assembled in clusters forming a dense terminal group. The prostrate leaves resemble the ears of a mouse.

Properties and Uses—This herb is considered of value as a blood purifier and is recommended in gout and painful menses. It is sudorific and mucilaginous.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.



MULLEIN

(Verbascum Thapsus, Figwort Family)

Common Names—Velvet Dock, Velvet Plant, Flannel Leaf.

Medicinal Parts—The leaves and flowers.

Description—This biennial plant has a straight, tall, stout, woolly, simple stem. The leaves are alternate, oblong, acute, and rough on both sides. The flowers are of a golden-yellow color; calyx, fiveparted; corolla, five-lobed; stamens, five; and fruit, a capsule or pod.

Mullein is common in the United States, but was undoubtedly introduced from Europe. It grows in recent clearings, slovenly fields, and along the side of roads, flowering from June to August. The leaves and flowers are the parts used. They have a faint, rather pleasant odor, and a somewhat bitterish, albuminous taste, and yield their virtues to boiling water.

Properties and Uses—It is demulcent, diuretic, anodyne, and anti-spasmodic, the infusion being useful in coughs, catarrh, bleeding from the mouth or lungs, diarrhoea, dysentery and piles. It may be boiled in milk, sweetened, and rendered more palatable by aromatics for internal use, especially bowel complaints. A fomentation of the leaves in hot vinegar and water forms an excellent local application for inflamed piles, ulcers,

and tumors, mumps, acute inflammation of the tonsils, malignant sore throat, etc. A handful of them may be also placed in an old teapot, with hot water, and the steam be inhaled through the spout, in the same complaints.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

MYRTLE

(Myrica Cerifera, Bayberry Family)

Common Names—Bayberry, Wax-myrtle, Candleberry, Waxberry.

Medicinal Parts—The bark of the root.

Description—This shrub is branching and partially evergreen, and varies in height from two to a dozen feet. The flowers appear in May, before the leaves are fully expanded. The fruits are small and globular resembling berries, which are at first green, but become nearly white. They consist of a hard stone, inclosing a two-lobed and two-seeded kernel. On the outside of the stone are gunpowder-like grains, and over these is a crust of dry greenish-white wax.

Myrtle is found in woods and fields, from Canada to Florida. The bark of the root is the officinal part, but the wax is also used. Water must be employed to extract the astringent principles of the root-bark, alcohol to extract its stimulating virtues. The period at which the root should be collected is the latter part of fall. Cleanse it thoroughly, and while fresh separate the bark with a hammer or club. Dry the bark thoroughly and keep it in a dry place; then pulverize, and keep the powder in dark and sealed vessels. In order to obtain the wax, boil the berries in water; the wax will soon float on the surface, and may be removed when it becomes cold and hardened.

Properties and Uses—The bark has been successfully used in scrofula, jaundice, diarrhoea, dysentery, and in other cases where astringent stimulants were indicated. Powdered, it has been employed as a snuff, with curative effect, in catarrh of the head and nasal polypus. It is sometimes applied, in poultice form, to old ulcers, sores, tumors, etc., but is better for these when combined with Bloodroot. The wax possesses mild astringent with narcotic properties.

Dose—1 teaspoonful to a cup of boiling water. Drink cold 1 or 2 cupfuls a day; of the tincture $\frac{1}{2}$ to 1 fl. dr.



NETTLE HERB

NETTLE

(*Urtica Dioca*, Nettle Family)

Common Names—Great Stinging Nettles, Great Nettle.

Medicinal Parts—The root and leaves.

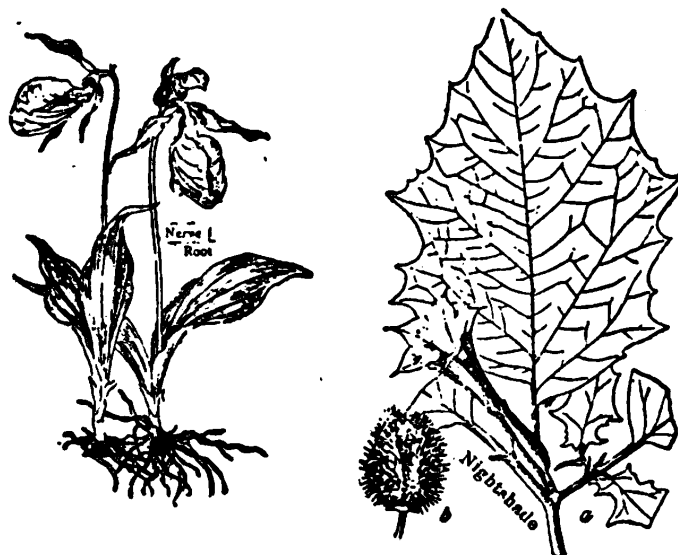
Description—This is a perennial, herbaceous, dull-green plant, armed with small prickles, which emit an acrid fluid when pressed. The stem is from two to four feet high; root creeping and branching. The leaves are opposite, cordate, lance-ovate, and conspicuously acuminate. Flowers are small and green.

The common Nettle is well known both in America and in Europe, and grows in waste places, beside hedges, and in gardens, flowering from June to September. The leaves and root are the parts used. The prickles of the Common Nettle contain Formic Acid. The young shoots have been boiled and eaten as a remedy for scurvy.

Properties and Uses—It is astringent, tonic and diuretic. In decoction they are valuable in diarrhoea, dysentery, and piles; also in hemorrhages, scorbutic and febrile affections, gravel, and other nephritic complaints. The leaves of the fresh Common Nettle stimulate, inflame and raise blisters upon those portions of the skin to which they may be applied, and they have, as a natural consequence, often been used as a powerful rubefacient. They are also an excellent styptic, checking the flow of blood from surfaces almost immediately upon their application. The seeds and flowers are given in wine for agues.

Dose—A teaspoonful of the leaves or

root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 10 to 20 min.



NERVE ROOT

(*Cypripedium Pubescens* Orchid Family)

Common Names—American Valerian, Umbel, Ladies' Slipper, Yellow Moccasin Flower, Noah's Ark.

Medicinal Part—The root.

Description—This indigenous plant has a perennial, fibrous, fleshy root from which arise several round leafy stems, from twelve to eighteen inches high. The leaves are from three to six inches long, by two or three broad, oblong, lanceolate, acuminate, pubescent, alternate, generally the same number on each side. Flowers large and very showy and pale yellow.

This plant grows here in rich woods and meadows, and flowers in May and June. There are several varieties of it, but as they all possess the same medicinal properties, a description of each is not requisite.

Properties and Uses—The fibrous roots are the parts used in medicine, and they should be gathered and carefully cleansed in August or September. The properties and uses are various. The preparations made from these roots are tonic and stimulant, diaphoretic, and antispasmodic, and are considered to be unequalled in remedying hysteria, chorea, nervous headache, and all cases of nervous irritability. Carefully prepared with special references to the case, it has proved to be a valuable remedy in cases of epilepsy; the preparation has however to be skillfully compounded. Also useful in delirium, neuralgia, hypo-

chondria, and other nervous disorders; the form of the preparation is an alcoholic extract. It is especially beneficial in cases of nervous headache, when administered with other remedies, as Catnip, Sweet Balm, etc., in equal parts, taking the tea about every half hour, till the pain ceases.

Dose—A teaspoonful of the root, cut small or granulated to a pint of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 10 to 30 min.

NIGHTSHADE.

(*Datura Stramonium*, Potato Family)

Common Names—Thorn-apple, Stink-weed, Apple-Peru, Jimson Weed.

Medicinal Parts—The leaves and seed.

Description—This plant is a bushy, smooth, fetid, annual plant, two or three feet in height, and in rich soil even more. The root is rather large, of a whitish color, giving off many fibres. The stem is much branched, forked, spreading, leafy, of a yellowish-green color. The leaves are large smooth, from the forks of the stem, and are uneven at the base. The flowers are about three inches long, erect, large and white. The fruit is a large, dry, prickly capsule, with four valves and numerous black reniform seeds. There is the *Datura Tatula*, or purple *Stramonium*, which differs from the above in having a deep purple stem, etc.

Stramonium is a well-known poisonous weed, growing upon waste grounds and road-sides, in all parts of the United States. It is found in very many parts of the world. The whole plant has a fetid, narcotic, odor, which diminishes as it dries. Almost every part of the plant is possessed of medicinal properties, but the officinal parts are the leaves and seeds. The leaves should be gathered when the flowers are full-bloom, and carefully dried in the shade. They impart their properties to water, alcohol and the fixed oils. The seeds are small, reniform, compressed, roughish, dark or brown or black when ripe, grayish-brown when unripe. They yield what is called *Datura*.

Properties and Uses—In large doses it is an energetic narcotic poison. The victims of this poison suffer the most intense agonies, and die in maniacal delirium. In medicinal doses it is an anodyne, antispasmodic, and is often used as a substitute for opium. It is used with fair effect in cases of mania, epilepsy, gastritis, delirium tremens,

and enteritis; also in neuralgia, rheumatism, and all periodic pains. The dried leaves smoked are useful in spasmodic asthma, but as there are other means much more certain to cure and less dangerous, I, and other herbalists, seldom or never recommend it. Datura is seldom employed in medicine, being a very active and powerful poison. I should advise my readers never to employ it, unless they be physicians; but I deemed proper to give it a place in this work, as its medicinal qualities are quite important, if its use is intrusted to proper and educated persons.

Dose—A teaspoonful of the leaves of seed cut small to a pint of boiling water. Take one teaspoonful at a time as required; of the tincture $\frac{1}{2}$ to 1 min.

NIP.

(Nepta.)

(Menthaceae Family.)

Common Names—Catnip, Cataria.

Parts Used—The whole herb.

Description—Nip is a perennial herb, 3 to 5 feet high with square erect branching stems, covered with fine whitish hairs. Leaves 1 to 2 $\frac{1}{2}$ inches long, heart-shaped or oblong with pointed apex, upper surface green, under grayish green with whitish hairs, margins finely scalloped. Flowers in spikes, June to September, are whitish dotted with purple, two-lipped, the upper lip notched; the lower with three lobes; the middle lobes broadest and sometime cleft. Odor, mint-like, bitter, pungent.

Properties—Nip is useful as a carminative, stimulant, tonic, diaphoretic, antispasmodic in hysteria, colic, amenorrhoea, emmenagogue. It is much esteemed for its quieting effect on the nervous system. Cats eat it ravenously, being fond of it for its aphrodisiac effect.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; $\frac{1}{2}$ to 1 fl. of the tincture.

NUX VOMICA

(Strychnos Nux Vomica)

Common Names—Poison Nut, Ratsbane.

Medicinal Part—The seeds.

Description—This is a moderate-sized tree, with a short and pretty thick trunk. The wood is white, hard, and bitter. The leaves are opposite, oval, and smooth on both sides. Flowers small, greenish-white, funnel-shaped, and have a disagreeable odor. The fruit is a berry,

round, and about the size of a large apple, enclosing five whitish seeds.

It is an inhabitant of Coromandel, Ceylon, and other parts of the East Indies. The active principles of the seeds are strychnine and brucia.

Properties and Uses—It is an energetic poison, exerting its influence chiefly upon the cerebro-spinal system. It is supposed to affect the spinal cord principally. It is a favorite medicine for paralysis and nervous debility generally. If a poisonous dose is given it will produce spasms like tetanus or lock-jaw. It is tonic, and increases the action of various excretory organs. Where want of nervous energy exists it is an admirable remedy. Its range of service is quite extensive, and valuable for many indications; but as great caution is required in its administration, it should only be employed by the educated physician.

Dose—A teaspoonful of the seeds to a quart of boiling water. Take one teaspoonful at a time as required; of the tincture $\frac{1}{2}$ to 2 min.

ORACHE

(Chenopodium Vulvaria.)

Common Names—Arrach, Stinking Goosefoot, English Mercury, Allgood, Dog Arrach.

Parts Used—The whole plant.

Description—Orache is an annual plant growing on dung hills and waste places, 2 to 3 feet high. It is of a dull, glaucous, or grayish green, aspect and invested with a greasy mealiness or bloom which, when touched exhales an odious odor resembling that of stale salt fish. It is attractive to dogs.

Properties—The plant contains trimethylamine, osmazome and nitrate of potash and gives off free ammonia. It is considered of value in hysteria and yellow jaundice, but its greatest value is undoubtedly in the form of a poultice mixed with vinegar, honey and salt and as a salve for sore legs, etc.

Dose—A teaspoonful of the plant, cut small or granulated to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

Meningitis—"When the patient's head begins to draw back, steep a woollen cloth $2\frac{1}{2}$ inches wide into Turpentine and place it along the spine. Now take a hot sad iron and pass it along the woollen cloth the entire length of the spine." Writes J. H. S., Johnsville, Tex.



Red Oak

OAK

(White, Red and Black, *Quercus*, *Rubra*, and *Tinctoria*, Beech Family)

Medicinal Part—The bark.

Description—These forest-trees vary in size, according to the climate and soil. In diameter they are from three to six feet; in height, from sixty to a hundred feet. They are too well known to require any botanical description.

Quercus is a very extensive and valuable genus, consisting of many species, a large proportion of which grow in the United States. Their usual character is that of astringent, and the three above described are those which have been more particularly employed in medicine. The bark of the tree is the portion used. White Oak bark is the one chiefly used in medicine. It is a pale brownish color, faintly odorous, very astringent, with a slight bitterness, tough, breaking with a stringy or fibrous fracture, and not readily powdered. It contains a very large proportion of tannic acid. Black Oak bark is also used as an astringent externally, but is rarely employed internally, as it is liable to derange the bowels. It is also used in tanning and for dyeing. Red Oak bark also contains considerable tannin, and is chiefly applied externally in the treatment of cancers, indolent ulcers, etc.

Properties and Uses—White Oak is slightly tonic, powerfully astringent, and antiseptic. It is useful internally in chronic diarrhoea, chronic mucous discharges, passive hemorrhages, and wherever an internal astringent is required. In colliquative sweats the decoction is usually combined with lime water. The gargle and injection are extensively used for sore throat, whites,

piles, etc. A bath of the decoction is often advantageous in cutaneous diseases, but should only be used when ordered by a physician.

Dose—A teaspoonful of the bark, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

OLD MAN'S BEARD

(*Chionanthus Virginica*, Olive Family)

Common Names—Fring Tree, Poison Ash.

Medicinal Part—Bark of the root.

Description—This is a shrub or small tree, growing from eight to twenty-five feet high. The leaves are opposite, oval, oblong, veiny and smooth; flowers are in dense panicles; calyx, very small; corolla snow-white, consisting of four petals; and fruit a fleshy, oval, purple drupe.

This plant is very ornamental, and is much cultivated in gardens, from Pennsylvania to Tennessee. It grows on river-banks and on elevated places, presenting clusters of snow-white flowers in May and June. The bark of the root, which imparts its properties to water or alcohol, is the part used.

Properties and Uses—The bark is aperient, alterative and diuretic with some narcotic properties. An infusion is recommended for bilious, typhoid, and intermittent fevers. To calvaescents, who are suffering from the effects of exhaustive diseases it is an excellent tonic and restorative. It can be used to advantage as a poultice for ulcers, wounds, and external inflammations.

Dose—A teaspoonful of the bark of the root, cut small or granulated to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

PEREIRA BRAVA

(*Cissampelos Pareira*)

Common Names—Velvet Leaf, Ice Vine.

Medicinal Part—The root.

Description—This plant is a shrub, with a round woody root and smooth stems. Leaves roundish, peltate, subcordate, and smooth above when full-grown. Flowers small, and the fruit a scarlet, round rentiform, shrivelled berry.

This is a native of the West India Islands and the Spanish Main. It is sometimes imported under the name of Abuta or Butua Root. It comes in cylindrical pieces, sometimes flattened, and

some as thick as a child's arm, and a foot or more in length. The alkaloid obtained from it has been called Cissampelin or Pelosin.

Properties and Uses—Tonic, diuretic and aperient. Used in chronic inflammation of the bladder, and various disorders of the urinary organs. It is also serviceable in leucorrhoea and gonorrhoea. It is highly beneficial in calculous affections, rheumatism, and jaundice.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 10 to 30 min.

PARSLEY

(Petroselinum Sativum)

Common Names—Rock Parsley.

Medicinal Part—The root.

Description—This biennial plant has a fleshy, spindle-shaped root, and an erect, smooth, branching stem. The radical leaves are biternate, bright green, and on long petioles; leaflets wedge-shaped. Flowers white or greenish, and petals rounded and barely emarginate.

Although Parsley is reared in all parts of the civilized world as a culinary vegetable, it is a native of Europe. The root is the officinal part. From the seeds French chemists have succeeded in obtaining an essential oil, named Apiol, which has proved to be a good substitute for quinia in intermittent fevers, and for ergot as a parturient.

Properties and Uses—It is diuretic, and very excellent in dropsy, especially that following scarlatina and other exanthematous diseases. It is also frequently used to remedy retention of urine, stranguary, and gonorrhoea. The seeds are sometimes used as carminatives. They kill vermin in the head. The leaves, bruised, are a good application for contusions, swelled breasts, and enlarged glands. The bruised leaves applied to the breasts are used by wet-nurses to "dry up" the milk.

Dose—A teaspoonful of the root to a cup of boiling water. Drink cold, one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to $\frac{1}{2}$ fl. dr.

Consumption Moss or Iceland Moss—

A teaspoonful steeped in cup of milk for 30 minutes on back of stove is excellent for consumption, chronic diarrhoea, chronic catarrh, chronic dysentery. Drink three cupfuls a day.

PEONY

(Paeonia Officinalis).

Medicinal Part—The root.

Description—Peony has many thick, long-spreading, perennial roots, running deep into the ground, with an erect, herbaceous, large green, and branching stem, about two or three feet high. The leaves are large; leaflets ovate-lanceolate and smooth. The flowers are large, red and solitary; and fruit a many-seeded, fleshy follicle.

This plant is indigenous to Southern Europe, and is cultivated in gardens in the United States and elsewhere on account of the elegance of its large flowers, which appear from May to August. The root is the officinal part. This, with the seeds and flowers, yields its virtues to diluted spirits.

Properties and Uses—It is antispasmodic and tonic, and can be advantageously employed in chorea, epilepsy, spasms and various nervous affections. An infusion of value is made by adding an ounce of the root, in coarse powder, to a pint of boiling liquid, composed of one part of good gin and two parts of water.

Dose—A teaspoonful of the root to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

PENNYROYAL

(Hedeoma Pulegioides, Mint Family).

Common Names—Tickweed, Squaw-mint, Hedeoma.

Medicinal Part—The herb.

Description—This is an indigenous annual plant, with a fibrous, yellowish root, and an erect, branching stem, from six to twelve inches high. The leaves are half an inch or more long, opposite, oblong and on short petioles; floral leaves similar. The flowers are quite small and light blue in color.

This plant should not be confused with the Mentha Pulegioides, or European Pennyroyal. It grows in barren woods and dry fields, and particularly in limestone countries, flowering from June to September and October, rendering the air fragrant to some distance around it. It is said to be very obnoxious to fleas.

Properties and Uses—It is stimulant, diaphoretic, emmenagogue and carminative. The warm infusion, used freely, will promote perspiration, restore suppressed lochia or after-flow, and excite the menstrual discharge when recently checked. It is very much used

by females for this last purpose—a large draught being taken at bedtime, the feet being previously bathed in hot water.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



PEPPERMINT
(*Mentha Piperita*).

Common Names—Lamint, Brandy Mint.

Parts Used—Leaves and Flowering Tops.

Peppermint is a perennial herb, 1 to 3 feet high, smooth, square stem, erect and branching, leaves dark green, born on stalk, lance-shaped, sharply toothed, generally smooth on both sides, but sometimes hairy on the veins on lower surface; flowers July to September; blossoms are small purplish; have a tubular 5-toothed calyx and four-lobed corolla. Peppermint has an aromatic pungent odor and agreeable taste which is at first burning, followed by a cooling sensation.

Properties—Peppermint is carminative, stimulant, nervine and antispasmodic. Useful in spasmodic stomach and bowel pains, flatulency, nausea, cholera, diarrhoea, dysentery, colic, nervous headache, heart palpitation and as a flavoring agent. The oil and menthol are used externally in rheumatism, neuralgia, toothache, etc.

Dose—A teaspoonful of the leaves and flowering tops to a cup of boiling water. Drink cold one or two cupfuls a

day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

PERUVIAN BARK

(Cinchona).

Common Names—Foso Bark, Jesuits' Bark, Red Bark, Crown Bark.

Medicinal Part—The bark.

Description—The bark is obtained from the *Cinchona Calisaya*, *Cinchona Condaminea*, *Cinchona Succirubra* and *Cinchona Lancifolia*. These trees are all evergreen or shrubs. Their generic character is to have opposite entire leaves, flowers white, or usually roseate or purplish, and very fragrant; calyx a turbinate tube; corolla salver-shaped; stamens, five; anthers, linear; style simple, stigma, bifid. The fruit a capsule, ovate or oblong, filled with numerous winged seeds. About thirteen varieties of cinchons are known to commerce, but the above are the most important. Of these species the former three yield respectively the pale yellow and red cinchona barks, and the fourth is one of the sources of quinine.

Cinchona is a very old discovery, and takes its name from the wife of the Spanish viceroy, Count de Cinchon, who was cured of fever by it at Lima, about the year 1638. For some time after its introduction into Europe, the Jesuits, who received the bark from their brethren in Peru, alone used it, and kept to themselves the secret of its origin; and their use of it was so successful that it received the name which still clings to it of "Jesuits' Bark." The bark richest in the antiperiodic alkaloids is the *Cinchona Calisaya*. The geographical range of the cinchonas appears to be exclusively confined to the Andes, within the boundaries of Peru, Bolivia, Ecuador and New Granada. Thirteen species furnish the barks of commerce, and all of them were found growing from one to ten thousand feet above the level of the sea. The four species we have named at the head of this article are, however, the only ones recognized by the United States Pharmacopoeia, and are favorites everywhere. Since the seventeenth century these barks have been the study of men versed in medical and chemical science, and they and the preparations made from them rank among the most important articles of the *Materia Medica*. It contains numerous active principals, but the most important, and one chiefly used, is quinine.

Properties and Uses—Peruvian Bark is tonic, antiperiodic, astringent to a moderate extent, and eminently febrifuge. It is topically (or externally) antiseptic, and is of much value when applied to gangrenous ulcerations, or used for gargles and washed in erysipelas, ulcerated sore throat, mouth, etc. When taken internally it imparts a sensation of warmth to the stomach, which gradually spreads over the whole body; the pulse becomes stronger and is accelerated, and the various organs are gently stimulated. It may be used with benefit in ordinary cases of dyspepsia, general debility and all febrile, eruptive and inflammatory disease, in whatever stage they may be. In all cases of night-sweating or great feebleness it is valuable. As an antiperiodic it is not surpassed by anything else used. When it excites nausea, add an aromatic; if purging, opium; if costive, rhubarb.

Quinine is a white flocculent powder, inodorous, and has a very bitter taste. It is very sparingly soluble in warm water, still less so in cold water. It is readily soluble in hot alcohol, and tolerably so in ether. It is always best to administer quinine instead of the bark, unless some of the effects of the other principles are desired.

Dose—Steep a teaspoonful of the bark into a cup of boiling water for half hour. Drink a half cupful upon retiring at night, hot or cold. Or take a mouthful 3 times a day. One or two cupfuls may be taken; of the tincture, $\frac{1}{2}$ to $\frac{1}{2}$ fl. dr.

PEPPERGRASS

(Lepidum Apetalum, Mustard Family)

Parts Used—The herb.

Description—Peppergrass is an annual and winter annual. It first forms a rosette of leaves flat on the ground, later the flowering stalk is produced. The plant is much branched and has a bushy appearance; the flowers are very small, white. The seed pods are about 1-10th of an inch wide and somewhat heart-shaped being notched at the top.

Properties and Uses—Peppergrass is recommended as a hair tonic used in combination with Sage, Henna Leaves and Cinchona Bark.

Butisfly Weed—A most wonderful remedy for tetter, eczema, scrofula, old sores and glandular swellings. Steep 1 teaspoonful in a cup of boiling water one-half hour. Drink half a cupful at bedtime and bathe afflicted parts with the other half.

**PIPSISSEWA**

(*Chimaphila Umbellata*, Wintergreen Family.)

Common Names—Princess Pine, False Wintergreen, Ground Holly.

Medicinal Part—The whole plant.

Description—This is a small evergreen, nearly herbaceous, perennial herb, with a creeping rhizome, from which spring several erect stems, woody at their base, and from four to eight inches high. The leaves are from two to three inches long, on short petioles, and of dark green color, paler below. The flowers are of light purple color, and exhale a fragrant odor. The pollen is white, and the fruit is an erect five-celled capsule.

This plant is indigenous to the north temperate regions of both hemispheres, and is met with in dry, shady woods, flowering from May to August. The leaves have no odor when dried, but when fresh and rubbed they are rather fragrant. Boiling water or alcohol extracts their virtues. They contain resin, gum, lignin and saline substances.

Properties and Uses—It is diuretic, tonic, alterative and astringent. It is especially useful in scrofula and chronic rheumatism. In diseases of the kidneys and dropsy it exerts a decided curative power. In urinary diseases it is

preferable to Uva Ursi, on account of being less obnoxious to the stomach. In dropsy it can not be so well depended upon without the use of some more active measures in combination with it.

Dose—A teaspoonful of the plant to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time: of the tincture, $\frac{1}{4}$ to 1 fl. dr.



PINK ROOT.

PINK ROOT

(Spigellia, Marilandica, Logania
Family.)

Common Names—Carolina Pink, Worm Grass.

Medicinal Part—The root.

Description—This herbaceous, indigenous plant has a perennial, very fibrous, yellow root, which sends up several erect, smooth stems of purplish color, from six to twenty inches high. It was used by the Indians as an anthelmintic before the discovery of America, and was formerly collected for the market by the Greeks and Cherokees in the northern part of Georgia, but since their removal the supply comes from the far Southwest.

It inhabits the Southern States, and is seldom found north of the Potomac. The leaves are opposite, sessile, ovate-lanceolate, acute or acuminate, entire and smooth. Flowers few in number and club-shaped. Fruit a double capsule.

Properties and Uses—It is an active and certain vermifuge, especially among

children. Given alone it is very apt to produce various unpleasant symptoms, increased action of the heart, dizziness, etc.

Dose—It gives best results when mixed as follows:

One teaspoonful Pink Root, 1 teaspoonful Senna Leaves, 1 teaspoonful Anise Seed, 1 teaspoonful Male Fern, 1 teaspoonful Turtlebloom.

One teaspoonful of above mixture to a cup of boiling water. Drink one cupful as often as required. Children, a tablespoonful.

PILE WORT

(*Amaranthus Hypochondriacus*, Aster Family).

Common Names—Princess Feather, Red Cock's Comb, Amaranth, Lady Bleeding.

Medicinal Part—The leaves.

Medical Part—This is an annual herb, with a great stout upright stem, from three to four feet high. The leaves are oblong, lanceolate, mucronate, green with a red purplish spot, clustered flowers, five stamens.

This plant is a native of the middle states, where it is cultivated in gardens as an ornamental plant, but contains more medicinal virtues in its wild state. It flowers in August. The leaves impart their virtues to water.

Properties and Uses—Pilewort is astringent. The decoction drank freely is a valuable domestic remedy for menorrhagia, Diarrhoea, dysentery, and hemorrhage from the bowels. It is useful as a local application to ulcers of the Mouth and throat, as an injection for leucorrhoea, and as a wash to foul, indolent ulcers.

Dose—One teaspoonful to a cup of boiling water. Drink cold 1 or 2 cups a day; of the tincture, $\frac{1}{4}$ to 1 fl. dr.

PITCHER PLANT

(*Sarracenia Purpurea*).

Common Names—Huntsman's Cup, Eve's Cup, Fly Trap.

Parts Used—The whole plant.

Description—This is a most interesting plant. The leaves are all radical winged down the innerside, open at the top with an arching hood, each leaf resembling a pitcher; the basal leaves or pitchers are partially filled with water. Just below the rim of the pitchers on the inside is a sticky substance to attract and trap insects, which become food for the plant after they decompose. Scape tall, naked, bearing a single large red nodding flower.

Properties—Pitcher plant is tonic, stimulant, diuretic and laxative.

Dose—A teaspoonful of the plant to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time. Tincture 5 to 20 min.



PLANTAIN
(*Plantago Lanceolata*.)

Common Names—Ribwort, Soldiers Herb.

Medicinal Part—The leaves.

Description—Plantain is one of the most common flowering weeds about dooryards everywhere.

The leaves all radiate from the base; they are lanceolate, sharply pointed and set on long, troughed stems; they are dark green in color and are strongly ribbed lengthwise.

The flower stem is stiff and smooth and attains heights of 6 to 18 inches. The head is short and studded with tiny, four-parted, dull white flowers, with long slender stamens. There are often perfect, staminate and pistillate flowers on the same plant. It is now as abundant in all parts of our range as it is in its native European home.

Properties and Uses—The leaves are of excellent use in lung troubles. They should, however, be mixed in equal parts with Coughwort. They relieve obstructions caused by phlegm even in the first stages of consumption. The fresh leaves are a mild astringent and useful for healing sores and for dressing wounds, when mashed to a pulp and ap-

plied. The same is also highly recommended to give quick relief for inflamed and protruding piles.

Plantain is an old English remedy for intermittent fevers of spring.

Greater Plantain—*Plantago Major* is identical with above except that the leaves are broader and larger and the flowering spike 3 to 5 inches longer. It is of equal value medicinally.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



PLEURISY ROOT.

(*Asclepias Tuberosa*, Milkweed Family).

Common Names—Butterfly Weed, Wind Root, Tuber Root, Canada Root.

Medicinal Part—The root.

Description—This plant has a perennial, large, fleshy, white fusiform root, from which numerous stems arise, growing from one to three feet high, which are more or less erect, round, hairy, green or red, and growing in bunches from the root. The leaves are alternate, lanceolate, hairy, dark green above and paler beneath. The flowers are numerous, erect and of a beautifully bright orange color. The fruit is a long, narrow, green follicle. Seeds are ovate, and terminate in long silken hairs.

It is a native of the United States, more particularly of the Southern states, inhabiting gravelly and sandy soils, and flowering in July and August. The root is the medicinal part. When fresh it has a disagreeable, slightly acrimonic taste, but when dried the

taste is slightly bitter. Boiling water extracts its virtues. Asclepin is the active principle.

Properties and Uses—Butterfly Weed is much used in decoction or infusion, for the purpose of promoting perspiration and expectoration in diseases of the respiratory organs, especially pleurisy, inflammation of the lungs, catarrh affections, consumption, etc. It is likewise carminative, tonic, diuretic and antispasmodic, but does not stimulate. Acute rheumatism, fever, dysentery, etc., are benefited by a free use of the warm infusion. It is also highly efficacious in some cases of dyspepsia. In uterine difficulties it has also been found of great value. Its chief use, however, is in bronchial and pulmonary complaints, and it serves its indications in these complaints most admirably.

Dose—A teaspoonful of the root to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

PRICKLY ASH

(*Xanthoxylum Fraxineum*, Rue Family.)

Common Names—Yellow-wood, Toothache-bush.

Medicinal Parts—The bark and berries.

Description—This indigenous shrub has a stem ten or twelve feet high, with alternate branches, which are armed with strong conical prickles. The leaves are alternate and pinnate, leaflets ovate and acute. The flowers are small, greenish, and appear before the leaves. The fruit is an oval capsule, varying from green to red in color.

It is a native of North America, growing from Canada to Virginia, and west to the Mississippi, in woods, thickets and on river banks, and flowering in April and May. The medicinal parts render their virtues to water and alcohol. Xanthoxyline is its active principle.

Properties and Uses—Prickly Ash is stimulant, tonic, alterative and sialagogue. It is used as a stimulant in languid states of the system, and as a sialagogue in paralysis of the tongue and mouth. It is highly beneficial in chronic rheumatism, colic, syphilis, hepatic derangements, and wherever a stimulating alterative is required. The berries are stimulant, carminative and antispasmodic, acting especially on the mucous tissues.

Dose—A teaspoonful of the bark, cut small or granulated, to a cup of boil-

ing water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

The *Aralia Spinosa*, or Southern Prickly Ash, differs from *Xanthoxylum*, both in botanical character and medicinal virtues.



POKE

(*Phytolacca Decandra*, Pokeweed Family.)

Common Names—Pigeon Berry, Garget, Scocke, Coakum, Inkberry.

Medicinal Parts—The root, leaves and berries.

Description—This indigenous plant has a perennial root of large size, frequently exceeding a man's leg in diameter, fleshy, fibrous, easily cut or broken, and covered with a thin brownish bark. The stems are annual, about an inch in diameter, round, smooth, when young green, and grow from five to nine feet in height. The leaves are scattered, petiolate, smooth on both sides, and about five inches long and three broad. The flowers are numerous, small, and greenish-white in color, and the berries are round, dark purple, and in long clusters.

This plant is common in many parts of the country, growing in dry fields, hillsides and roadsides, and flowering in July and August. It is also found in Europe and northern parts of Africa. The leaves should be gathered just previous to the ripening of the berries. The berries are collected when fully matured. Phytolaccin is its active principle.

Properties and Uses—Poke is emetic, cathartic, alterative, and slightly narcotic. The root excites the whole glandular system, and is very useful in syphilitic, scrofulous, rheumatic and

cutaneous diseases. It is an excellent remedy for the removal of mercuric-syphilitic affections. Very few, if any, of the alteratives have superior power to Poke, if it is properly gathered and prepared for medicinal use.

Dose—A tablespoonful of the root, leaves or berries cut small to a pint of boiling water. Take one teaspoonful at a time as required; of the tincture, 2 to 5 min.

POMEGRANATE

(*Punica Granatum*.)

Medicinal Parts—The rind of the fruit and bark of the root.

Description—This is a small tree or shrub. The leaves are opposite, entire, smooth and two or three inches long. The flowers are large, red, two or three, and nearly sessile. Calyx five-cleft, corolla consists of five much-crumpled petals. The fruit is a large pericarp, quite pleasant in flavor, and quite watery.

The Pomegranate is Asiatic, but has been naturalized in the West Indies and the Southern States.

Properties and Uses—The flowers and bark and rind are astringent, and are used for the arrest of mucous discharges, hemorrhages, night-sweats and diarrhoea accompanying consumption. They are also very good for intermittent fever and tape-worm, but its chief virtues are healing and balsamic, if taken for ulcerations of the lungs.

Dose—A teaspoonful of the bark of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 5 to 40 min.

POPLAR

(*Populus Tremuloides*)

Common Names—White poplar, American Aspen.

Part Used—Leaves, buds and bark.

Description—This is a rather small tree with thin foliage 30 to 40 feet high; trunk diameter 20 in. tapering to the very top of the tree; branches slender, alternating and scattered. Bark horizontally marked, smooth on younger trees and gray or rusty green with a whitish bloom and dark patches below the branches. Older trees sepia brown and rough toward the base. Leaves broad heart-shaped, dull, whitish, dark green with white veins, roundly fine toothed. Grows everywhere in the U. S.

Properties—The bark and leaves are useful in acute rheumatism, also to

lower the temperature in fevers; to relieve pain and reduce arterial swellings, coryza, hay fever, influenza, neuralgia, and diabetes. Externally as a wash for gangrenous wounds, eczema, cancer, burns, fetid perspiration. The buds of this species and *Populus Candicans* are commonly called Balm Gilead.

Dose—A teaspoonful of the leaves, buds or bark to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

When used externally as a wash, a teaspoonful of borax should be added to the cupful of tea.

POPULUS CANDICANS

(Balm Gilead)

Description—These buds as well as those of other species of *Populus* are covered with a resinous exudation which has a peculiar, agreeable, balsamic odor and a bitterish balsamic somewhat pungent taste.

Properties—The buds boiled in Olive oil or lard make an excellent salve. Internally they are valuable in coughs, colds and lung troubles and kidney and urinary difficulties.

Dose—The buds must be soaked in alcohol to dissolve the resin before they can be used as a tea. A teaspoonful of the buds to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

PRIDE WEED

(*Erigeron Canadense*, Aster Family).

Common Names—Colt's Tail, Horse Weed, Canada Fleabane, Butter Weed, Bitter Weed.

Medicinal Part—The whole plant.

Description—This is an indigenous, annual herb, with a high bristly hairy stem, from six inches to nine feet high. The leaves are lanceolate; flowers small, white and very numerous.

Pride Weed is common to the Northern and Middle States, grows in fields and meadows, by roadsides, and flowers from June to September. It should be gathered when in bloom and carefully dried. It has a feeble odor, somewhat astringent taste, and yields its virtues to alcohol or water.

Properties and Uses—It is tonic, diuretic and astringent. It is useful in gravel, diabetes, dropsy and in many kidney diseases. It can also be employed in diarrhoea, dysentery, etc.

Dose—Steep a level teaspoonful of the plant cut into small pieces into a cup

of boiling water for half hour. When cold drink 1 or 2 cupfuls a day, a good mouthful at a time. Of the tincture, 10 to 40 min.



Primrose

PRIMROSE.

Primula Veris.)

Common Names—Butter Rose, English Cowslip.

Parts Used—Flowers and herb.

Description—Primrose is a perennial, downy herb native of England, growing 6 to 9 inches high; leaves are radical, oval, oblong, wrinkled. Flowers in umbels on slender pedicles, rising from the root stock above the leaves, yellow, corolla and calyx oblong bell-shaped.

Properties—The flowers are useful in nervous hysteria, nervous headache and muscular rheumatism. The whole plant is sedative and antispasmodic.

Dose—A teaspoonful of the flowers and herbs, cut small or granulated to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

PRIVET

(*Ligustrum Vulgare*, Olive Family.)

Common Names—Privy, Prim.

Medicinal Part—The leaves.

Description—This is a smooth shrub, growing five to six feet high. The leaves are dark green, one or two inches in length, about half as wide, entire, smooth, lanceolate, and on short petioles. The flowers are small, white, and numerous, and fruit a spherical black berry.

It is supposed to have been introduced into America from England, but it is indigenous to Missouri and found growing in wild woods and thickets from New

England to Virginia and Ohio. It is also cultivated in American gardens. The leaves are used for medicinal purposes. They have but little odor, and an agreeable bitterish and astringent taste. They yield their virtues to water or alcohol. The berries are reputed cathartic, and the bark is said to be as effectual as the leaves, as it contains sugar, mannite, starch, bitter resin, bitter extractive, albumen, salts and a peculiar substance called Ligustrin.

Properties and Uses—The leaves are astringent. A decoction of them is invaluable in chronic bowel complaints, ulcerations of stomach and bowels, or as a gargle for ulcers of mouth and throat. It is also good as an injection for ulcerated ears with offensive discharges, leucorrhoea, etc.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



PURGING BUCKTHORN
(*Rhamnus Frangula*).

Common Names—Buckthorn, Arrow Wood, Alder Dogwood, Bird Cherry.

Medicinal Parts—Bark of young trunks, and large branches.

Description—Purging Buckthorn is a shrub introduced from Europe, 5 to 8 feet high, with spreading, thornless branches, the young twigs very fine hairy. The small leaves light olive green, obovate, very obscurely round-toothed or toothless, smooth about 2 inches long. Flowers green in tiny stemless clusters, perfect, with 5 petals. Blooms May to June. Fruit black, $\frac{1}{2}$ inch in diameter with three seeds. Grows in swamps in the Northeastern and Northern parts of the United States.

Properties and Uses—The bark should be at least one year old before using. It is purgative, tonic and diuretic. Useful in dropsy, costiveness, constipation and in worms. An ointment made of

the fresh bark is excellent for parasitic skin affections, itch, etc.

Dose—A teaspoonful of the bark, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.



PYROLA

(Round Leaved *Pyrola Rotundifolia*).

Common Names—Shin-leaf, Canker-Lettuce, Pear-Leaf Wintergreen.

Medicinal Part—The herb.

Description—This is a low, perennial, evergreen herb. The leaves are radical, ovate, nearly two inches in diameter, smooth, shining and thick. The petioles are much longer than the leaf. The flowers are many, large, fragrant, white and drooping. The fruit is a five-celled, many-seeded capsule.

This plant is common in damp and shady woods in various parts of the United States, flowering in June and July. The whole plant is used, and imparts its medicinal properties to water.

Properties and Uses—It is astringent, diuretic, tonic and antispasmodic. The decoction is much used in all skin diseases, and is good to eradicate a scrofulous taint from the system. It is used in injection for whites and various diseases of the womb. The herb is applied with profit as a poultice, to ulcers, swellings, boils, felons and inflammations. The decoction will be found beneficial as a gargle for sore throat and mouth, and as a wash for sore or ophthalmic eyes. Administer it intern-

ally for gravel, ulceration of the bladder, bloody urine and urinary diseases; also for epilepsy and other nervous affections.

Dose—A teaspoonful of the herb, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

QUASSIA

(*Picraenia Excelsa*).

Common Names—Bitter Root, Bitter Ash.

Medicinal Part—The wood.

Description—This is a tree growing from fifty to one hundred feet high, with an erect stem, three or more feet in diameter at the base. The bark is grayish and smooth. The leaves are alternate, unequally pinnate; leaflets opposite, oblong, acuminate and unequal to the base. Flowers are small, pale or yellowish green. Fruit three drupes, about the size of a pea. The Quassia Amara or Bitter Quassia is a shrub, or moderately sized branching tree, having a grayish bark.

Quassia Amara inhabits Surinam, Guiana, Colombia, Panama and the West Indies. It flowers in November and December. The bark, wood and root, which are intensely bitter, are used to the greatest advantage in malignant fevers.

Properties and Uses—Quassia is tonic, febrifuge and anthelmintic. Cups made of the wood have been used for many years by persons requiring a powerful tonic. Any liquid standing in one of these vessels a few moments will become thoroughly impregnated by its peculiar medicinal qualities. Wherever a bitter tonic is required, Quassia is an excellent remedy.

Dose—A teaspoonful of the wood, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 2 to 5 min.

Huckle Berries—Very valuable in diarrhoea and cholera. Chew from five to twenty berries a day or place a 25c box in a quart of good brandy; let stand thirty days. **Dose**—A teaspoonful twice a day or more often if necessary. This is a pleasant remedy.

Prince's Pine—Valuable in diseases of the kidneys and dropsy, as well as in chronic rheumatism and scrofula. Mixed with Elder Flowers it makes an admirable remedy for all skin diseases.

QUEEN OF THE MEADOW

(Eupatorium Purpureum, Aster Family.)

Common Names—Gravel-Root, Joe-Pie, Trumpet Weed, Purple Boneset.**Medicinal Part**—The root.

Description—This is a herbaceous plant, with a perennial woody root, with many long dark-brown fibres, sending up one or more solid green, sometimes purplish stems, five or six feet in height. The leaves are oblong, ovate or lanceolate, coarsely serrate, and from three to six in a whorl. The flowers are tubular, purple, often varying to whitish.

Queen of the Meadow grows in low places, dry woods or meadows, in the Northern, Western and Middle States of the Union, and flowers in August and September. The root is the officinal part. It has a smell resembling old hay, and a slightly bitter, aromatic taste, which is faintly astringent but not unpleasant. It yields its properties to water by decoction or spirits.

Properties and Uses—It is diuretic, stimulant, astringent and tonic. It is used in all chronic urinary disorders, as well as in hematuria, gout and rheumatism, with moderately good effect.

Dose—A teaspoonful of the root to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

BAGGED CUP

(Silphium Perfoliatum, Aster Family).

Common Names—Indian Cup-plant, Indian Gum.**Medicinal Part**—The root.

Description—This plant has a perennial, horizontal, pitted rhizome, and a large smooth herbaceous stem, from four to seven feet high. The leaves are opposite, ovate, from eight to fourteen inches long by four to seven wide. The flowers are yellowish and the fruit a broadly ovate winged achenium.

This plant is common to the Western States, and is found growing in rich bottoms, bearing numerous yellow flowers, which are perfected in August. It has a large, long and crooked root, which is the part used medicinally, and which readily imparts its properties to alcohol or water. It will yield a bitterish gum, somewhat similar to frankincense, which is frequently used to sweeten the breath.

Properties and Uses—It is tonic, diaphoretic and alterative. A strong infusion of the root, made by long steeping, or an extract, is said to be one of

the best remedies for the removal of ague-cake, or enlarged spleen. It is also useful in intermittent and remittent fevers, internal bruises, debility, ulcers, liver affections, and as a general alter-restorative. The gum is said to be stimulant and antispasmodic. The spleen is an organ whose functions the very best of the old-school physicians cannot define, but that it is the seat of very many most distressing diseases is a fact which not one of them will pretend to deny. It is, as nearly as can be ascertained by the most laborious research, a dependent of the liver and stomach, and what deranges it deranges both the stomach and the liver.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

Silphium Gummiferum, or Rosin-weed and Silphium Laciniatum, or Compass-weed, are used in intermittent fever, and are beneficial in dry, obstinate coughs. They often cure the heaves in horses.

RATTLE SNAKE PLANTAIN

(Goodyera Pubescens, Orchid Family).

Common Names—Net Leaf Plantain, Scrofula Weed, Adder's Violet, etc.

Medicinal Part—The leaves.

Description—The scape or stem of this plant is from eight to twelve inches high, springing from a perennial root. The leaves are radical, ovate and dark green. The flowers are white, numerous and pubescent.

This herb grows in various parts of the United States, in rich woods and under evergreens, and is more common southward than northward, although there is a variety (Goodyera Repens) which is plentiful in colder regions of America. It bears yellowish-white flowers in July and August. The leaves are the parts employed, and yield their virtues to boiling water.

Properties and Uses—It is antiscrofulous, and is known to have cured severe cases of scrofula. The fresh leaves are steeped in milk and applied to scrofulous ulcers as a poultice, or the bruised leaves may be laid on them and in either case they must be removed every three hours; at the same time an infusion must be taken as freely as the stomach will allow. It is also good as a wash in scrofulous ophthalmia. In my opinion scrofula is one of the most obstinate and many-shaped afflictions

to which the human race is subjected, but in the production of this and other native and foreign plants, nature has shown her great charity and kindness towards us.

Dose—A teaspoonful of the leaves, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.



RED EYE BRIGHT

(*Euphrasia Officinalis*).

Common Name—Eye Bright.

Medicinal Part—The leaves.

Description—This is an elegant little annual plant, with a square, downy, leafy stem, from one to five inches in height. The leaves are entirely opposite, ovate or cordate, and downy; the flowers very abundant, inodorous, with a brilliant variety of colors. The fruit is an oblong pod, filled with numerous seeds.

This plant is indigenous to Europe and America, bearing red or white flowers in July. The leaves are commonly employed; they are inodorous, but of a bitter, astringent taste. Water extracts their virtues.

Properties and Uses—Slightly tonic and astringent. Useful in form of infusion or poultice, in catarrhal ophthalmia; also of service in all mucous diseases attended with increased discharges; also in cough, hoarseness, earache and headache, which have supervened upon catarrhal affections. Four fluid ounces of the infusion taken every morning upon an empty stomach, and also every night at bedtime has been found successful in helping epilepsy.

Dose—Steep a heaping teaspoonful of

the leaves into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

RED ROOT

(*Ceanothus Americanus* Buckthorn Family).

Common Names—New Jersey Tea, Wild Snowball.

Medicinal Part—The bark of the root.

Description—This plant has a large root with a red or brownish bark, tolerably thick, and body of dark-red color. The stems are from two to four feet high, slender, with many reddish, round, smooth branches. The leaves are ovate or oblong-ovate, serrate, acuminate, rather smooth above and cordate at the base. The flowers are minute and white and fruit a dry capsule.

This plant is very abundant in the United States, especially in the Western portions thereof. It grows in dry woodlands, bowers, etc., and flowers from June to August. The leaves are sometimes used as a substitute for Chinese Tea, which, when dried, they much resemble. The root, which is officinal, contains a large amount of Prussic acid. Ceanothine is the name that has been given to its active principle.

Properties and Uses—Red Root is astringent, expectorant, sedative, antispasmodic and anti-syphilitic. It is used with great good effect in dysentery, asthma, chronic bronchitis, whooping cough and consumption. It is also successfully used as a gargle in aphthae of children, sore mouth subsequent to fevers, and sore throats.

Dose—A teaspoonful of the bark of the root to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

RED RASPBERRY

(*Rubus Strigosus*, Rose Family).

Common Name—Wild Red Raspberry.

Medicinal Parts—The bark of the root and leaves.

Description—This is a shrubby and strongly hispid plant, about four feet high. Leaves, pinnate; leaflets, oblong-ovate; flowers, white; corolla, cup-shaped, and fruit a red berry, of a rich delicious flavor.

The Red Raspberry grows wild, and is common to Canada and the Northern and Middle United States. It grows in hedges and thickets, and upon neglected fields. It flowers in May and its fruit ripens from June to August. The leaves

and bark of the root are the parts used medicinally. They impart their properties to water, giving to the infusion an odor and flavor somewhat similar to black tea.

Properties and Uses—It is very useful as an astringent. An infusion or decoction of the leaves has been found an excellent remedy in diarrhoea, dysentery and cholera infantum, and all diseases of a kindred nature. It is somewhat freely used as a wash and injection for leucorrhoea, gleet, gonorrhoea and prolapsus uteri and ani. The decoction of the leaves combined with cream will suppress nausea and vomiting. It is sometimes used as an aid to labor, and has been efficacious in promoting uterine contractions when ergot has failed.

Dose—A teaspoonful of the bark of the root or the leaves, cut small or granulated, to a cup of boiling water. Drink cold, one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

RHATANY

(*Krameria Triandria*).

Medicinal Part—The root.

Description—The root of this plant is horizontal, very long, with a thick bark. The stem is round and procumbent, branches two or three feet long; when young, white and silky; when old, dark and naked. The leaves are alternate, sessile, oblong and obovate, hoary and entire. The flowers are red on short stalks. Calyx has four sepals, and corolla four petals. The fruit is a dry, hairy drupe.

Rhatany flowers all the year round, and grows upon the sandy, dry and gravelly hills of Peru. The root is the officinal part, and is dug up in large quantities after the rains. It was made officinal in 1780 by Ruiz, but long before that the natives had used it as a strong astringent for various diseases, afflictions, maladies and complaints. In Portugal, to which the Peruvians send the bulk of the roots gathered, it is used to adulterate red wines. The best method of extracting the medicinal qualities of the root is to put it powdered in a displacer and pass water through. This will bring a brick-red aqueous solution, which will embrace all the medicinal virtues. There is a false Rhatany, the source of which is unknown.

Properties and Uses—It is a powerful astringent, and slightly tonic. It is

beneficial wherever powerful astringents are required, and may be used to advantage, if properly prepared, for all diseases which call for the application of a decided astringent.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.



RHUBARB ROOT

RHUBARB

(Rheum Palmatum).

Common Names—Chinese or Turkey Rhubarb.

Medicinal Part—The root.

Description—Rhubarb is a large compact perennial herb, resembling our garden rhubarb; stems 4 to 6 inches thick on mature plants, many branches, 10 to 15 inches long, 3 to 6 inches thick, dark brown coat from withered acrias and leaf bases, inside fleshy, semi-pulpy, juice yellow; leaves very large, 2 to 4 feet long and wide petioles 12 to 18 ins. long, palmately veined, 7 lobed; flowering stems 5 to 10 feet high; flowers in clusters; greenish white, fruit crimson red. The root or rhizome is sub-cylindrical, conical, irregular, 2 to 6 ins. long, 2 to 3 in. thick.

There are several varieties met with in commerce termed the Russian, Chinese, English and French Rhubarb, among which the Russian is considered the best. The names are given not that they are produced in indicated countries, but of the channels by which they are thrown upon the market. Rhubarb has a peculiar aromatic odor, bitter, faintly astringent taste, and when chewed tinges the saliva yellow.

Properties and Uses—Rhubarb is cathartic, astringent and tonic; as a tonic it acts by increasing the muscular action of the bowels rather than augmenting their secretions. It is much used as a laxative for infants, its mildness and tonic qualities making it peculiarly applicable. It is a valuable medicine.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

ROCK ROSE

(*Helianthemum Canadense*, Rock Rose Family).

Common Names—Frost Plant, Frost Wort.

Medicinal Part—The herb.

Description—Rock Rose is a perennial herb, with a simple, ascending downy stem, about a foot high. The leaves are alternate, from one-half to one inch long, about one-fourth as wide; oblong, acute, lanceolate, erect and entire. The flowers are large and bright yellow, some with petals, and some without petals. The flowers open in sunshine and cast their petals next day.

It is indigenous to all parts of the United States, growing in dry, sandy soils, and blossoming from May to July. The leaves and stems are covered with a white down, hence its name. The whole plant is officinal, having a bitterish, astringent, slightly aromatic taste, and yields its properties to hot water. Prof. Eaton, in his work on botany, records this curious fact of the plant: "In November and December of 1816 I saw hundreds of these plants send out broad, thin, curved ice crystals, about an inch in breadth from near the roots. These were melted away by day, and renewed every morning for more than twenty-five days in succession."

Properties and Uses—This plant has long been used as a valuable remedy for scrofula, in which disease it performs some astonishing cures. It is used in form of decoction, syrup or fluid extract, but had better be used in combination with other remedies. In combination with *Corydalis*, *Formosa* and *Stillingia* it forms a most valuable remedy. It is tonic and astringent, as well as antiscrofulous. It can be used with advantage in diarrhoea, as a gargle in scarlatina and aphthous ulcerations, and as a wash in scrofulous ophthalmia. Externally, a poultice of the

leaves is applied to scrofulous tumors and ulcers. An oil has been procured from the plant which is said to be highly valuable in cancerous affections.

The *Helianthemum Corybosum*, or Frost Weed, growing in the pine barrens and sterile lands of the Southern and Middle States, possesses similar qualities, and may be employed if the former Frost Weed is not to be had.

Dose—Steep a teaspoonful of the granulated herb into a cup of boiling water for half hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the tincture, 5 to 10 min.

ROMAN MOTHERWORT

(*Leonurus Cardiaca*, Mint Family.)

Common Names—Lion's Tail, Throwwort.

Medicinal Parts—The tops and leaves.

Description—This perennial plant has stems from two to five feet in height. The leaves are opposite, dark green, rough and downy. The flowers are purplish or whitish-red; calyx, rigid and bristly; corolla, purplish; anthers in pairs, and fruit an oblong achenium.

Motherwort is an exotic plant, but extensively introduced into the United States, growing in fields and pastures, and flowering from May to September. It has a peculiar, aromatic, not disagreeable odor and a slightly aromatic bitter taste. It yields its properties to water and alcohol.

Properties and Uses—It is antispasmodic, emmenagogue, nervine and laxative. In amenorrhoea from colds it is excellent, if given in warm infusion. It is very useful in hysteria, nervous complaints, pains peculiar to females, delirium tremens, wakefulness, liver affections, etc. It is a very valuable remedy for many purposes, and deserves greater attention than it receives.

Dose—A teaspoonful of the tops and leaves to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

ROSEMARY

(*Rosemarinus Officinalis*).

Medicinal Part—The tops.

Description—Rosemary is an erect, perennial, evergreen shrub, two to four feet high, with numerous branches of an ash color, and densely leafy. The leaves are sessile, opposite, and linear, over an inch in length, dark green and shining above, and downy. The flowers are few, bright blue or white. Calyx purplish.



Rosemary is a native of the countries surrounding the Mediterranean, and is cultivated in nearly every garden for its fragrance and beauty. It flowers in April and May. The parts used in medicine are the flowering tops.

Properties and Uses—It is stimulant, antispasmodic, and emmenagogue. The oil is principally used as a perfume for ointments, liniments and embrocations.

Dose—A teaspoonful of the tops, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

RUE

(*Ruta Graveolens*).

Common Names—German Rue, Garden Rue.

Medicinal Part—The herb.

Description—This plant is a native of Southern Europe, but is cultivated in many gardens in the United States. It grows 2 to 3 feet high and has a woody stem. The flowers are yellow. The fruit a capsule, 4-5 lobed; seeds black, numerous; leaflets $\frac{1}{2}$ to 1 inch long, $\frac{1}{4}$ inches wide, crenate, thick, pellucid-punctate.

Properties and Uses—Rue is a bitter, aromatic stimulant and antispasmodic, very valuable for pains in the bowels, cramps, hysterics, painful courses of females, dizziness and congestion of the blood in the head.

Dose—A teaspoonful of the herb, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

THE CURSE OF MANKIND— CATARRH.

Almost every person is troubled with catarrhal inflammation of some kind which is slowly but surely devitalizing the blood and poisoning the system. The majority of the laity are of the opinion that the prime symptom of catarrh is a clogged condition of the nostrils and as long as breathing through the nose is not difficult they are free of the disease. Of a hundred of the worst cases of catarrh that came to my attention, 98 had no difficulty in breathing through the nose.

Foul breath is a sure indication of catarrh. The seat of catarrh is the larynx and pharynx and inner channels of the nose and throat. To treat chronic catarrh successfully it is indispensable to apply a healing agent to the diseased membrane and to take a blood purifying and tonic remedy; also to keep the mouth and teeth clean by the use of antiseptic mouth washes and tooth powder.

As a local healing agent, one or more of the following may be used: Catarrh Powder for snuffing up into the nostrils, (2) Catarrh Smoke, (3) Catarrh Salve, (4) Medicated Cotton. Recipes for making these preparations follow:

No. 136—Box, 25c.

Catarrh Powder—Take the following ingredients, mix thoroughly, pass through a No. 80 screen 5 times and it is ready for use.

- 2½ lbs. Powdered Borax.
- ½ lb. Boracic Acid.
- ½ lb. Powdered Gum Camphor.
- 8 teaspoonfuls Euca Mint.
- 1 lb. Root Golden Seal.
- 1 lb. White Cane Sugar.

Directions—Use as a snuff six to ten times daily. May also be used as a lotion or spraying fluid by steeping one-half teaspoonful of this mixture in a cup of warm water.

No. 310—Large box, 50c.

Catarrh Smoke—The herbs of this recipe should be strictly fresh—last season's crop. Certain antiseptic and healing agents contained in these herbs are vaporized when smoked and when inhaled reach the membrane of the channels of the head, nose and throat that cannot be reached in any other manner.

- 1 lb. Silver Mullein.
- ½ lb. Cubeb Berries.

2 oz. Carola Herb.
2 oz. Peppermint Herb.
1 oz. Wintergreen Leaves.

Directions—Smoke a pipeful of these mixed herbs upon retiring at night, discharging the smoke through the nose. If the hearing is impaired through catarrhal inflammation the vapors can be forced up into the ear passages in the following manner: Take a vigorous puff, hold the smoke in the mouth and force it out through the nose, at the same time closing the nostrils with your finger so that only a small portion of the smoke can escape through them.

No. 2—Box, 50c.

Catarrh Salve—This is made by mixing one teaspoonful of the Catarrh Powder (Formula No. 136) with one ounce of cream petrolatum. When thoroughly mixed apply a small portion into each nostril, preferably upon retiring at night. May be used freely. This makes an excellent salve for sore eyes and old sores and ulcers.

No. 133—Box, 25c.

Medicated Cotton—This is made by dissolving one ounce of Gum Camphor in $\frac{1}{2}$ lb. Oil Eucalyptus. Add six teaspoonfuls Oil Menthomint. Shake well. Saturate $\frac{1}{2}$ ounce of pure cotton with four teaspoonfuls of this mixture.

Directions—Place a small portion of the cotton in each nostril and allow to remain for several hours, then renew. The cotton can be kept in the nose while the patient attends to his daily duties without inconvenience as it cannot be noticed if only a very small portion is used. This preparation is also very beneficial in headaches, earaches, etc., when rubbed over the forehead or placed in the ear.

No. 135—Box, \$1

Catarrh Mouth Wash—The main ingredients of this remarkable formula are Cassia, Witch Hazel and Silver Mullein Leaves. It is very important that the Mullein is the low or Silver Mullein Leaves of the first year's growth and not the high.

1 part Golden Seal Root.
4 parts Silver Mullein Leaves.
4 parts Witch Hazel Bark.
8 parts Cassia Bark.
1 part Ginger Root.
1 part Boracic Acid.
2 parts Swamp Sassafras.
2 parts Sugar.
1 part Canada Snake Root.

Directions—Take 12 teaspoonfuls of these herbs, place in 2 quarts of boiling

water; boil down to 1 quart. Add $\frac{1}{2}$ pint pure grain alcohol. Gargle the throat and mouth every morning and evening.

Although a large number of cases of catarrh yield to one or the other of the above mentioned local treatments, a chronic case of long standing invariably requires a thorough constitutional treatment. The constitutional treatment in many cases requires an alterative, a tonic and a laxative. If the patient is not in a run-down condition, an alterative such as the Bavarian Catarrh Tea (Formula No. 203) will be sufficient.

No. 203—Herbs \$1 box. Liquid \$1 bottle.

Bavarian Catarrh Tea—This is a most valuable formula and is designed especially to purify the blood from the catarrhal poisons. It is also valuable as a general blood purifier. It is a good service in lung and bronchial troubles, asthmatic affections, coughs, colds, etc.

- 10 parts Elder Flowers.
- 4 parts Sweet Gum Bark.
- 4 parts Rocky Mountain Grape.
- 4 parts Juniper Berries.
- 2 parts Coriander Seed.
- 2 parts Anise Seed.
- 4 parts Fennel Seed.
- 4 parts Water Plantain.
- 4 parts Black Mallow Flowers.
- 2 parts Mallow Herb.
- 10 parts Silver Mullein Leaves.
- 10 parts Coughwort.
- 3 parts Turtlebloom.
- 2 parts Sweet Weed.
- 3 parts Licorice Root.
- 4 parts Lungwort.

Directions—Steep a heaping teaspoonful of these mixed herbs into a cup of boiling water, let stand until cool. Drink 2 or 3 cupfuls during the day. About once a week a cupful of this tea may be taken hot before retiring at night. The patient should cover up well so as to produce a good sweat.

The Body Tonic Tea (Formula No. 999) should also be taken if the patient is very weak and run down. The Body Tonic Tea should be taken only every morning upon awakening. A few swallows or half cupful is sufficient.

No. 47—Bottle, 50c.

Ear Lotion—This preparation is especially valuable in catarrhal inflammations of the ear passages and deafness due to these conditions. It will relieve earaches in a few minutes in most

Address all orders direct to Joseph E. Meyer, Ind. Herb Gardens, P. O. Box 5, Hammond, Ind.

Catarrh of the Stomach or acute dyspepsia, is one of the most common forms of indigestion. In this affection the mucous membrane, or delicate inner lining of the stomach, becomes tickened and reddened or inflamed by the excess of blood which is drawn to the part through the irritation. The small cells or glands, which compose the membrane, whose duty it is to manufacture and secrete the digestive juices, become covered with a thick coating of vicious secreted matter, or mucus, which retards the free flow of the digestive fluids. Thus the food in the stomach is not thoroughly mixed or acted upon by the pepsin. When this condition persists and passes beyond the temporary symptoms of indigestion the disease becomes chronic and is termed chronic dyspepsia, chronic gastritis or chronic catarrh of the stomach. This means a more or less prolonged catarrhal inflammation of the inner lining membrane of the stomach. Further progress of the disease may result in a destruction of the cells entirely, causing atony of the stomach and cancer.

The most prominent symptom of catarrh of the stomach, aside from the distress after meals, is the peculiar metallic taste in the mouth on awakening in the morning and the unbearable foul breath of the patient, of which, however, he may be entirely unaware. One cannot perceive one's own breath. A catarrh sufferer will often turn away from another victim with disgust, not knowing his own breath is just as foul. Other symptoms are vomiting slimy matter, heartburn, etc.

The causes of stomach troubles are indigestible food, over-eating, imperfect mastication, whiskey, poisonous medicines, drugs, tobacco, excessive use of liquids during the meal, etc.

Treatment—The first thing to do is to overcome the sourness arising after eating. This must be done before our remedy can do its healing. A simple way to overcome the sourness is to take two or more of the Oriental Balsam Tablets described on page 57, or dissolve in a half tumbler of cold water as much common baking soda as you can place on a dime, and drink it. One hour before and after meals take Formula No. 138.

Persons suffering from catarrh of the stomach generally also have catarrh of the nose, mouth and pharynx and should therefore take the treatment described on page 188, in addition to No. 138.

No. 138—Herbs, \$3 box. Tablets, \$2 box.
Liquid, \$1.50 bottle.

For Catarrh, Dyspepsia and all Stomach and Bowel Troubles—This is a most valuable, though very expensive preparation. It is without a doubt the best money can buy. Old folks who have been troubled for years with catarrh have unconsciously swallowed much of the catarrh poison, thus spreading the disease to the stomach, causing foul breath, stomach and bowel troubles. Such will find in this a long-sought remedy. Foul breath is a sure indication of catarrh. It is also highly recommended to persons suffering from stomach trouble caused from excessive use of whiskey, such as catarrh of the stomach (often mistaken for cancer of the stomach).

Gentian, 2 teaspoonfuls.
Golden Seal, 4 teaspoonfuls.
Sacred Bark, 1 teaspoonful.
Stone Root, 1 teaspoonful.
Colic Root, 2 teaspoonfuls.
Marsh Mallow, 2 teaspoonfuls.
Licorice, 3 teaspoonfuls.
Wild Clover, 6 teaspoonfuls.
Marigold, 6 teaspoonfuls.
Solomon Seal, 1 teaspoonful
Gold Root, 2 teaspoonfuls.

Steep a tablespoonful of this mixture in a cup of cold water for one hour. Stir often. Then place on stove and bring to boiling point. Drink cold during the day or at night. Intoxicating liquor must be avoided entirely. Bowels must be kept open with a good laxative. Dose a mouthful at a time.

No. 137—Large box, \$1.00.

Liquid, \$1 bottle; 6 for \$5.

Catarrh and Asthma Wine—Without a doubt the best remedy of its kind for these dreaded ailments. Each ingredient has a peculiar beneficial action of its own in the treatment of catarrh and asthma. One or other of these herbs are used in every catarrh remedy on the market:

Juniper Berries, 4 teaspoonfuls.
Mullein Flowers, 4 teaspoonfuls.
Sacred Bark, 2 teaspoonfuls.
Golden Seal, 6 teaspoonfuls.
Sassafras Root, 1 teaspoonful.
Blue Eyes Flowers, 4 teaspoonfuls.
Wild Clover, 4 teaspoonfuls.

Take 7 teaspoonfuls of these mixed herbs and boil for 30 minutes in a pint of water. When cold add * cupful of honey and cupful of brandy. Dose—A tablespoonful 2 to 4 times daily.

No. 134—Herbs, \$1.50 box. Liquid, \$1 bottle.

Lung Tonic—A most valuable catarrh and asthma remedy if taken with perseverance. Catarrh is a deep seated ailment and must be treated for a long time to thoroughly rid the system of the poisons. Catarrh is worse than syphilis. I had both. I cured syphilis with your recipe No. 1,000 in a few months, but it took nearly a year to cure my catarrh. Writes D. J.

Butterfly Weed, 12 teaspoonfuls.

Cough Wort, 4 teaspoonfuls.

Lung Wort, 4 teaspoonfuls.

Waahoo Bark, 2 teaspoonfuls.

Mullein Flowers, 2 teaspoonfuls.

Place the entire lot of these herbs in two quarts of water, boil down to one quart. Add a quart of best whiskey; strain. Dose—Two tablespoonfuls three times a day on an empty stomach.

No. 8—Herbs, \$1 box. Liquid, \$1 bottle.

Wild Cherry Pectoral—For coughs, colds, croup, la grippe, pneumonia, asthma, consumption, etc.

Wild Cherry Bark, 4 teaspoonfuls.

Grindelia Robusta, 3 teaspoonfuls.

Sweet Gum Bark, 6 teaspoonfuls.

Senega, 3 teaspoonfuls.

Bloodroot, 1 teaspoonful.

Sacred Bark, 1 teaspoonful.

Mullein, 4 teaspoonfuls.

White Pine, 3 teaspoonfuls.

Soak 10 teaspoonfuls of these mixed herbs in a $\frac{1}{2}$ cupful of whiskey 7 days. Then add 1 pint boiling water and 4 tablespoonfuls glycerine and 8 table-spoons honey. Strain; bottle. Dose—1 teaspoonful every hour if necessary.

Or, if preferred, make it as follows:

Steep a teaspoonful of these mixed herbs in a cup of hot water for 30 minutes. Drink during the day.

Consumption—"I was taken down with Bronchitis, which turned into consumption of the lungs. I doctored for one year and then the doctors said they could do me no good. A friend recommended Coltfoot or Coughwort, which grows all over the fields. I used to go out and pick it and dry it myself. Take a large handful of the plant and place into 3 pints of water. Boil down to 2 pints; strain and cool. Sweeten with honey if desired. Drink a wineglassful the first thing every morning and upon retiring at night. I took it 90 days and was entirely cured. This was 30 years ago and I have good lungs and a good developed chest." Writes J. L.

No. 7—Herbs, \$1 box. Liquid, \$1 bottle.

Malaria and Ague Tea—When malaria is in the system the person suffers from headaches, neuralgia, nervousness, aching bones, great fatigue and a general depression of the whole nervous system. This tea promptly destroys the cause of all these troubles and a change for the better takes place at once. This remedy in most cases will break up a cold (lagrippe) in one night.

Juniper Berries, 4 teaspoonfuls.

Cinnamon Bark, 8 teaspoonfuls.

Jamaica Ginger, 2 teaspoonfuls.

Cloves, 1 teaspoonful.

Peppermint, 2 teaspoonfuls.

Orange Peel, 4 teaspoonfuls.

Sacred Bark, 1 teaspoonful.

Sassafras Bark, 2 teaspoonfuls.

Balm of Gilead Buds, 4 teaspoonfuls.

Take 7 teaspoonfuls of these mixed herbs and soak in a cupful of brandy for 7 days or longer. Then steep 1 teaspoonful of the mixture in a cup of boiling water. Drink hot at bedtime.

Or steep 7 teaspoonfuls of the herbs in a quart of good whiskey or brandy for 7 days. Dose—3 tablespoonfuls at bedtime. You will feel fine next morning.

Formulas where there is no price given are not put up by us in mixed form; you can purchase one 25c box of each of the herbs mentioned in such formulas and mix them yourself.



No. 221—Herbs, \$1 box. Tablets, \$1 box.

Liquid, \$1 bottle; 6 for \$5.

German Breast Tea—For coughs, colds and inflammation of the bronchial tubes and lungs. A very valuable formula. Used for many years by a noted German pastor. Crush the following herbs to small bits:

Coughwort, 8 tablespoonfuls.

Nettle Leaves, 4 tablespoonfuls.

Hoarhound, 4 tablespoonfuls.

Fennel Seed, 2 tablespoonfuls.

Juniper Berries, 3 tablespoonfuls.

Blue Eyes Flowers, 2 tablespoonfuls.

Mullein Flowers, 2 tablespoonfuls.

Elm, 2 tablespoonfuls.

And take one teaspoonful of the mixture in a cup of boiling water. Let remain one-half to one hour; strain and drink hot before going to bed. Keep well covered.

No. 10—Herbs, \$1 box. Liquid, \$1 bottle.

Father John's Stomach Drops—This is a most valuable remedy and for many years the secret of the benevolent old Father John, after whose death it has been advertised all over the country.

St. John's Wort, Leaves and Flowers, 6 teaspoonfuls.

Thousand Seal, 2 teaspoonfuls.

Juniper Berries, 6 teaspoonfuls.

Milk Weed, 2 teaspoonfuls.

Blue Gentian Root, 2 teaspoonfuls.

Red Eye Bright, 2 teaspoonfuls.

Rose Pink Herb, 2 teaspoonfuls.

Steep a teaspoonful of these mixed herbs in a cup of hot water for 30 minutes. Drink during the day.

Or if preferred, make it as follows: Take 7 teaspoonfuls of these mixed herbs and steep in a pint of water for 30 minutes on back of stove; strain, sweeten to taste and add one cup of best brandy. Dose—Two tablespoonfuls twice daily.

No. 17—Herbs, \$1 box. Tablets, \$1 box. Liquid, \$1 bottle; 6 for \$5.

Father John's Kidney Herbs—An old-fashioned remedy that has proven very successful in kidney troubles

Ground Chickory, 9 teaspoonfuls.

Couch Grass, 4 teaspoonfuls.

Senna Leaves, 2 teaspoonfuls.

Red Clover Flowers, 1 teaspoonful.

Fever Twigs, 2 teaspoonfuls.

Indian Sage, 1 teaspoonful.

Blue Eyes Flowers, 1 teaspoonful.

Take a teaspoonful of this herb mixture to a cup of boiling water and steep for fifteen minutes and drink before retiring or before breakfast. Sugar may be added if desired.

No. 19—Herbs, \$1 box. Tablets, \$1 box.

Uterine Tonic and Nervine—Also excellent in painful menstruation, convulsions, stomach and bowel troubles. Writes G. F. in C.

Cranberry Bark, 1 cupful.

Wild Senna, $\frac{1}{2}$ cupful.

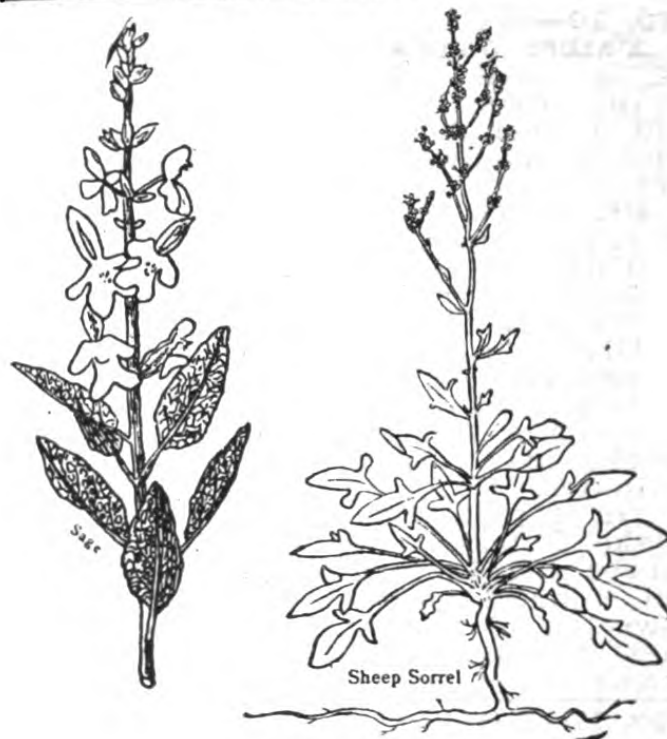
Pale Scull Cap, $\frac{1}{2}$ cupful.

Colic Root, $\frac{1}{2}$ cupful.

Mullein, $\frac{1}{2}$ cupful.

Steep a teaspoonful of these mixed herbs in a cup of hot water for 30 minutes. Drink during the day.

Lily Root—Known to the Indians as a certain remedy for leucorrhoea and falling of the womb. An excellent demulcent and tonic. It rejuvenates the system, wrecked through self-abuse, and is of great value during the period known as "change of life."

**SAGE**

(Salvia Officinalis).

Common Names—Wild Sage.**Medicinal Part**—The leaves.

Description—Sage is a plant with a pubescent stem, erect branches, hoary with down, leafy at the base, about a foot or foot and a half long. The leaves are opposite, entire, petioled, ovate-lanceolate, the lowermost white, with wool beneath. The flowers are blue and in whorls.

Sage is a native of southern Europe, and has been naturalized for very many years in this country as a garden plant. The leaves and tops should be carefully gathered and dried during its flowering season, which is in June and July. They have a peculiar, strong, aromatic, camphorous odor, and a sharp, warm, slightly bitter taste, which properties are owing to its volatile oil, which may be obtained by distilling the plant with water. It imparts its virtues to boiling water in infusion, but more especially to alcohol.

Properties and Uses—It is feebly tonic and astringent, expectorant, diaphoretic, and having properties common to aromatics. The infusion is much valued in cases of gastric debility, checking flatulency with speed and certainty.

The warm infusion will cause active diuresis by checking its diaphoretic tendency. It is called by some a most

capital remedy for spermatorrhoea, and for excessive venereal desire, and I am one of those who know from experience in my practice that it is grand for what is termed sexual debility when its use is indicated. The infusion is much used as a gargle for inflammation and ulceration of the throat and relaxed uvula, either alone or combined with vinegar, honey or sumach.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold one to two cupfuls a day, a large mouthful at a time; of the tincture, 20 to 60 min.

SHEEP SORREL

(*Rumex Acetosella*)

Common Names—Sourgrass, Red Sorrel.

Part Used—The herb.

Description—Sheep Sorrel is a perennial, with shallow running root stalk, yellowish in color. The leaves are arrow shaped and have a decidedly sour taste.

Properties and Uses—Sheep Sorrel when used green in salads is excellent for scurvy. It contains acid potassium, oxalate and tartaric acid. It is refrigerant and diuretic. Not very active after drying.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; $\frac{1}{4}$ to 1 fl. of the tincture.



SANICLE

(*Sanicula Marilandica*, Parsley Family).

Common Names—Black Snake Root, Pool Root, American Sanicle.

Medicinal Part—The root.

Description—Sanicle is an indigenous, perennial herb, with a smooth furrowed stem, from one to three feet high. The leaves are digitate, mostly radical, and

on petioles from six to twelve inches long. Cauline leaves few, and nearly sessile. The flowers are mostly barren white, sometimes yellowish, fertile ones sessile.

It is common to the United States and Canada, and is found in low woods and thickets, flowering in June. The fibrous root is aromatic in taste and odor. It imparts its virtues to water and alcohol.

Properties and Uses—In its action upon the system it resembles Valerian very much, possessing nervine and anodyne properties. Domestically, it is used with advantage in intermittent fevers, sore throat, erysipelas, and cutaneous affections. It is very efficacious in chorea, and is very beneficially employed in various nervous affections.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time. Of the tincture, 15 to 30 min.



Saw Palmetto

SAW PALMETTO

(*Serenoa Serrulata*)

Common Names—Dwarf Palmetto, Fan Palm.

Medicinal Part—The dried berries.

Description—This plant or shrub grows near the Atlantic ocean, in Georgia and Florida, on a strip of coast hundreds of miles in length, and from one to five miles wide. The edge of the leaf has the appearance of a saw, hence its name. The Saw Palmetto fruit or berries are very abundant, and about the size and shape of olives, and grow in bunches. They are dark purple or nearly black in color, ripen from October to December, and are very sweet and juicy, being much sweeter than sugar cane, and richer in nutrition. People who live near it learn to love

the fruit, for it is very nourishing and satisfying, and if the kidneys are weak or diseased the juice of the fruit soon restores them to perfect health.

Properties—Palmetto Berries are of great service in chronic bronchitis, phthisis, cold in the head, whooping cough, irritated mucous membrane of the throat, nose and larynx, cardiac asthma, and all diseases of the glands of the reproductive organs, the mammae, ovaries, prostate and testes, tending to increase their size and functional activity. The berries are also of great service in Brights Disease, and diabetes. They constitute one of the most valuable remedial agents in the whole materia medica. Our Formulas No. 127, No. 112 and 220 are scientific combinations of Palmetto Berries and other valuable herb simples.

Dose—A teaspoonful of the dried berries to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.



SAFFRON

(*Carthamus Tinctorius*)

Common Names—Safflower, Bastard Saffron, American Saffron.

Medicinal Part—The flowers.

Description—This annual plant has a smooth, straight stem, from one to two feet high, and branching at the top. The leaves are alternate, ovate-lanceolate, sessile, smooth and shining. The flowers are numerous, long, slender and orange-colored. Corolla five-cleft.

This plant is cultivated in England and America, although it is a native of Egypt and the countries surrounding the Mediterranean. The orange-red florets are the officinal parts. The cultivated Safflower is usually sold in th

shops, and contains two coloring matters; the first of which is yellow and soluble in water; the second a beautiful red, and readily soluble in alkaline solutions only.

Properties and Uses—It will restore the menstrual discharge when the latter has been recently suppressed by cold, if used in warm infusion. It will also, when taken in the same form produce an action of the bowels. In measles, scarlet fever and other eruptive maladies, it is also considered an excellent diaphoretic. The seeds are sometimes used as purgative and emenagogue, but, in my opinion, are of no great value.

Dose—A teaspoonful of the flowers, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

SKUNK CABBAGE

(*Symplocarpus Foetidus*, Arum Family).

Common Names—Skunk Weed, Pole Cat Weed, Meadow Cabbage, Swamp Cabbage.

Medicinal Parts—The roots and seeds.

Description—This plant has been a troublesome one for botanists to classify; but the term *Symplocarpus* is now generally preferred. It is perennial, having a large, abrupt root or tuber, with numerous crowded, fleshy fibres, which extend some distance into the ground. The spathe appears before the leaves, is ovate, spotted, and striped, purple and yellowish-green, the edges folded inward, and at length coalescing. The flowers are numerous, of a dull purple within the spathe, on a short, oval spadix. Calyx consists of four fleshy, wedge-shaped petals; corolla, none; stamen 4, seeds round and fleshy, and about as large as a pea.

Skunk Cabbage is a native of the United States, growing in moist grounds, flowering in March and April, and maturing its fruit in August and September, forming a roughened, globular mass, two or three inches in diameter, and shedding its bullet-like fruit one-third to one-half inch in diameter, which are filled with a singular solid, fleshy embryo. The parts used are the seeds and roots, which have an extremely disagreeable odor. Water or alcohol extracts their virtues. Chemically it contains a fixed oil, wax, starch, volatile oil and fat, salts of lime, silica, iron and manganese.

Properties and Uses—Internally it is a stimulant, exerting expectorant anti-

spasmodic, with slightly narcotic influences. It is successfully used in asthma, whooping-cough, nervous irritability, hysteria, fits, epilepsy, convulsions, chronic catarrh, pulmonary and bronchial affections.

Externally in the form of an ointment it aids reparative processes, discusses tumors, stimulates granulations, eases pain, etc.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.



SASSAFRAS

(*Laurus Sassafras*, Laurel Family).

Common Names—Saxafrax.

Medicinal Part—The bark of the root.

Description—This is a small tree, varying in height from ten to forty feet. The bark is rough and grayish, that of the twigs smooth and green. The leaves are alternate, petiolate, bright green, very variable in form, smooth above and downy beneath. The flowers appear before the leaves, are small, greenish-yellow; fruit an oval, succulent drupe.

Indigenous to North America and common to the woods from Canada to Florida, and flowering in the latter part of April or early in May. The bark has an aromatic, agreeable taste, and similar odor. It yields its properties to hot water by infusion and to alcohol.

Properties and Uses—It is a warm aromatic, stimulant, alterative, diaphoretic and diuretic. It is much used in alterative compounds as a flavoring adjuvant. In domestic practice it enjoys a wide field of application and use, especially as a so-called spring rejuvenator of the blood.

Dose—A teaspoonful of the bark of the root, cut small or granulated, to a

cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 15 to 30 min.

STICKLEWORT

(Agrimonia Eupatoria, Rose Family).

Common Names—Cockelburr or Agrimony.

Medicinal Part—The root and leaves.

Description—Stickelwort has a reddish, tapering and creeping root, with brown stems covered with soft, silky hairs; two or three feet high; leaves alternate, sessile, interruptedly pinnate. The stipule of the upper leaves large, rounded, dentate, or palmate. The flowers grow at the top of the stem, are yellow, small and very numerous, one above another in long spikes, after which come rough heads hanging downwards, which will stick to garments or anything that rubs against them.

This perennial plant is found in Europe, Canada and the United States, along roadsides, and in fields and woods, flowering in July or August. Both the flowers and roots are fragrant, but harsh and astringent to the taste, and yield their properties to water or alcohol.

Properties and Uses—It is a mild tonic, alterative, and astringent. Useful in bowel complaints, chronic mucous diseases, chronic affections of the digestive organs, leucorrhoea, certain cutaneous diseases, etc. The tea sweetened with honey, is an invaluable treatment for scrofula, if persisted in for a length of time. It is exceedingly useful in gravel, asthma, coughs and obstructed menstruation. As a gargle for sore throat and mouth, it is very serviceable. The Indians of North America and the Canadians are reported to have employed the root with advantage in fevers.

Dose—A teaspoonful of the root or leaves, cut small, steeped into a cup of boiling water. Drink a cupful every day, a few mouthfuls at a time. Of the tincture, $\frac{1}{4}$ to $\frac{1}{2}$ fl. dr.

SACRED BARK

(Rhamnus Purshiana, Buckthorn Family).

Common Names—Chittembark, Cascara.

Part Used—The bark.

Description—This indigenous tree grows on the sides and bottom of the Rocky Mountains; it is 15 to 20 feet high. The thin dark green leaves are elliptical, fine saw-toothed, rounded or slightly heart-shaped at the base, blunt at the apex or with a short, sharp point, veins prominent, somewhat hairy on undersides. The flowers are produced in

umbels or clusters, small greenish and are followed by black ovoid 3 seeded berries of an insipid taste. It is very difficult to distinguish this from other similar species of *Rhamnus*. When dried the outer surface of the bark is reddish brown, wrinkled and usually covered with light grayish lichen; the inner surface is smooth and marked with very fine lines, taste very bitter.

Properties—Sacred Bark is an old Indian remedy. It is purgative, tonic, febrifuge, increases secretions of stomach, liver and pancreas. It gives best results when combined with other herb simples. The bark should be at least one year old before using; it improves with age. The Indians held this bark sacred and modern physicians have found it one of the very best remedies for constipation. It is one of the ingredients of the Formula No. 99.

Dose—A teaspoonful of the bark, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

Cure for Gravel—All persons suffering from Gravel who try this simple remedy will remember the compiler of the "Herb Doctor" with gratitude and bless his work. It has cured sufferers of all ages. Only a few months ago I gave the formula to an old man of 71 years who suffered terribly. Today he is well. Doctors advised operation, but the age of the man made them hesitate. Writes W. M.

Formula—Take 4 tablespoonfuls of the herb German Cheese Plant and a slice of lemon, boil in a cup of water $\frac{1}{2}$ hour; strain and make a syrup by adding one cupful of strictly pure strained honey. **Dose**—A tablespoonful 3 to 6 times daily.

Dropsy—Take a cupful of blossoms and leaves of Pink Boneset. Place in 2 quarts of boiling water and boil down to 1 quart. Drink 1 or 2 cupfuls of this tea during the day, a few swallows at a time.

Lung Troubles—"For throat and lung troubles, take 1 ounce of Thoroughwort, 1 ounce Slippery Elm and 1 ounce Flax Seed. Place into 1 quart of water on the back of the stove for 30 minutes. Strain. Add 1 pint of best molasses and one-half pound loaf sugar. Boil for a few minutes and let it cool. **Dose**, 1 tablespoonful 3 times daily." Writes Miss M. S., New Vienna,

**SENEKA**

(*Polygala Senega*, Milkwort Family).

Common Names—Seneca Snake Root, Senega.

Medicinal Part—The root.

Description—This indigenous plant has a perennial, firm, hard, branching root, with a thick bark, and sends up several annual stems, which are erect, smooth, from eight to fourteen inches high, occasionally tinged with red. The leaves are alternate, nearly sessile, lanceolate, with a sharpish point, smooth; flowers white; calyx consists of five sepals, corolla of three petals, and capsules are small, two-celled and two-valved.

It is found in various parts of the United States, in rocky woods and on hill-sides, flowering in July. It is more abundant in the West and South than in the East. The officinal root varies in size from two to four or five lines in diameter, crooked, and a carinate line extends the whole length of it. Its chemical constituents are polygalic, virgineic, pectic, and tannic, acids, coloring matter, an oil, cerin, gum, albumen, salts of alumina, silica, magnesia, and iron.

Properties and Uses—In large doses emetic and cathartic; in ordinary doses it stimulates the secretions, acting particularly as a sialagogue, expectorant, diuretic, diaphoretic and emmenagogue. In active inflammatory diseases it should not be employed. In protracted pneumonia, commencing stages of croup, humoral asthma, etc., it is a good expectorant.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during

the day, a large mouthful at a time; of the tincture 5 to 10 min.

SPIKENARD.

(*Aralia Racemosa.*)

Common Names—Spignet, Wild Licorice, Nard, Oldman's Root.

Part Used—The root.

Description—Spikenard is quite an imposing plant with its long, curving, zigzag stem, its numerous light green, deeply ribbed leaves and its feathery terminal flower clusters. The white flowers are tiny but perfect, with 6 parted perianth, six slender stamens and a short, thick style. The root stalk is thick and flashy with prominent stem scars and furnished with numerous long, thick roots.

Properties and Uses—Spikenard is a mild stimulant, alterative, and expectorant. It is of great value in rheumatic, syphilitic and cutaneous affections. It is an old Indian remedy to promote easy and painless childbirth. It has been highly recommended for this purpose in thousands of cases of my knowledge.

Dose—1 or 2 teaspoonfuls of the root to a cup of boiling water. Drink cold one or 2 cupfuls a day. Tincture, 1 to 2 fl. dr.

SEA WRACK

(*Fucus Vesiculosus*)

Common Names—Bladder Wrack, Gulfwrack.

Part Used—The dried plant.

Description—Sea Wrack grows on muddy rocks in the Atlantic ocean and gulf and often floats to the shore; it is 40 inches long and about $\frac{1}{2}$ inch broad, flattened, branched, with a midrib; air-vessels in pairs, blackish, seaweed odor, saline, mucilaginous taste.

Properties—It is considered alterative, and of excellent use in obesity.

Dose—A teaspoonful of the dried plant to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

SEVEN BARKS

(*Hydrangea Arborescens*).

Medicinal Parts—The root.

Description—Hydrangea grows in shady places in the woods and on the banks of streams throughout our middle and southern states. It is a shrub 4 to 8 feet high with ovate or almost heart-shaped leaves from 3 to 6 inches long, generally acuminate, serrately toothed. The flat clusters of white, tiny, pistillate flowers often contains a few large sterile flowers around the margin. They

appear in June and July, fruit a 2-horned capsule, containing many seeds. A peculiar characteristic of this shrub, from which it has derived its name, is the peeling off of the stem bark, which comes off in seven successive layers of thin different colored bark.

Properties—Seven Barks is a mild and soothing diuretic and is highly prized as a remedy for gravel or stones in the bladder. Useful in backaches, caused from kidney troubles and rheumatism of long standing. It is an old Cherokee Indian remedy.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful a day, a large mouthful at a time; of the tincture, 5 to 20 min.



SHEPHERD'S PURSE.

(*Capsella Bursa Pastoris*, Mustard Family).

Common Names—Shepherd's Heart.

Medicinal Part—The whole herb.

Description—This is one of the most common of wayside weeds. The name *Capsella* signifies a little box, in allusion to the seed pods. It is a Cruciferous plant, made familiar by the diminutive pouches or flattened pods, at the end of its branching stems.

Our old herbalists called it St. James' Wort, as a gift from that saint to the people for the cure of various diseases, St. Anthony's Fire, and several skin eruptions.

Properties and Uses—Dr. von Ehrenwall, an old English botanist, relates a recent case of puerperal hemorrhage, which had defied all the ordinary remedies, and for which at the suggestion of a neighbor, he tried an infusion of the Shepherd's Purse weed, with the

result that the bleeding stopped after the first cupful of the tea had been taken, in a few minutes. Since then he has used the plant in various forms of hemorrhage with such success that he considers it the most reliable of our medicines for staying fluxes of blood. It is generally employed in intermittent fevers, bleeding from the lungs and hemorrhages of all kinds.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



SILVER WEED

(Pontentilla Anserina)

Common Names—Silver Cinquefoil, Cramp Weed, Goose Tansy, Moor Grass.

Medicinal Part—The whole herb.

Description—Silver weed is a common mon and very handsome species found in dry, barren ground throughout our range, but most abundantly near the coast. It is from 5 to 12 inches high. The little, yellow flowers are clustered at the ends of the branches. The stems and the undersides of the divided and deeply cut leaves, are covered with fine white silvery wool, contrasting sharply with the dark green of the upper surfaces. This species bloom from May until September.

Properties and Uses—Silver Weed Tea is a good remedy for cramping in the stomach, bowels and elsewhere. It has been found of service in tetanus. A strong infusion of the herb will check bleeding piles; a weaker tea should be taken afterwards to complete the cure. This tea is also recommended in jaundice and malarial fevers. The root has been used as a red dye.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold, one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ fl. dr.

SLIPPERY ELM

(Ulmus Fulva)

Common Names—Indian Elm. Moose Elm, Rock Elm.

Parts Used—Inner bark.

Description—A commonly slim and characteristically rough tree, rough in bark and leaf, 40-50 and rarely 70 feet high, with a trunk diameter of 1-4 feet. Bark dark brown, deeply furrowed perpendicularly, very rough-scaly, the under layers ruddy brown, the innermost layer next to the wood buff white, aromatic, and very mucilaginous, used medicinally for its demulcent quality. The twigs rough, grayish, hairy.

The leaves are extremely rough above, deep yellowish olive green, lighter and sometimes a rusty-downy beneath. Flowering in March and April. Fruit nearly round in outline, winged, without hairy fringe, ripening in spring, at intervals of 2-4 years.

Properties—Slippery Elm is demulcent, emollient, nutritive. Useful internally for dysentery, diarrhoea, diseases of the urinary passages, bronchitis. Externally as a poultice for inflammations, boils, etc., and in rectal and vaginal suppositories.

Dose—A teaspoonful of the inner bark to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time.

SQUILLS

(Urginea Maitima)

Common Names—Sea Onion, Scilla.

Part Used—The bulb, outer scales and center rejected.

Description—Squills is a perennial herb, roots fibrous from base of large bulb; leaves appear long after flower, 1 to 2 feet long, shiny deep green leathery similar to our common onion; flowers white on succulent stem 1 to 3 feet high in close spike, no calyx, peduncle purplish, fruit dry capsule, one-half inch long, 3 lobed, yellow, seeds 6 in each cell one-fourth inch long, flattened purplish brown. Bulb pear-shaped when fresh, 3 to 6 inches long and broad; consists of fleshy scales onion like. Collected in August.

Properties—Squills resembles Digitalis in physiological action and is an irritant poison in over doses causing death by heart paralysis. If properly used it is valuable in dropsies from car-

diac diseases, coughs, bronchitis, asthma, croup, etc.

Dose—A teaspoonful of the bulb, cut small to a pint of boiling water. Take 1 teaspoonful at a time as required; of the tincture 1 to 2 min.

SOLOMON'S SEAL

Convallaria Multiflora

Medicinal Part—The root.

Description—The stem of this plant is smooth, from one to four feet high, and growing from a perennial root. The leaves are alternate, lanceolate, smooth, and glossy above, paler and pubescent beneath; flowers greenish-white, the *Convallaria Racemosa*, the root of which possesses similar qualities to that of Solomon's Seal.

Both plants are to be found throughout the United States and Canada. They flower from May to August. The root, which is the part used, is inodorous, and has a sweetish, mucilaginous taste, which is followed by a slight sense of bitterness.

Properties and Uses—The root is tonic, mucilaginous, and astringent. The decoction is successfully used in whites, pectoral affections, menorrhagia, female debility, inflammation of the stomach and intestines, erysipelas, neuralgia, itch, local inflammations, etc.

Dose—A teaspoonful of the root, to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture 30 to 60 min.

No. 120. Herbs 50c, Large Box \$1.50.
Tablets \$1.00, Liquid \$1.00.

Snake Root Compound—The main ingredients of this remarkable formula are Virginia Snake Root and Wintergreen, known for generations as most valuable remedies for rheumatism. We sincerely believe this combination the very best in the whole herbarium kingdom for this particular ailment. This tea can also be highly recommended in all kidney and bladder troubles, dyspepsia, etc.

Genuine Virginia Snake Root 6 parts.

Wintergreen, 6 parts.

Rheumatism Root, 2 parts.

Juniper Berries, 4 parts.

Sweet Root, 1 part.

Mullein, 6 parts.

Fennel, 1 part.

Steep a heaping teaspoonful of these mixed herbs in a cup of boiling water for half an hour. Drink one or two cups a day.



Speedwell

SPEEDWELL

(Veronica Officinalis).

Common Names—Veronica, Paul's Betony, Ground-hele, Fluellin, Low Speedwell.

Medicinal Part—The leaves and flowering tops.

Description—The little perennial is found growing from Nova Scotia to Michigan and south to North Carolina and Tennessee. It creeps over the ground by means of rather woody stems rooting at the joints and sends up branches from 3 to 10 inches in height. It is hairy all over. The leaves are opposite, on short stalks, greyish green and soft, hairy, oblong, or oval shape, $\frac{1}{2}$ to 1 inch diameter, margins saw-toothed; flowers pale blue in spikes, from May to July. Seed capsule is triangular, compressed and contains numerous flat seeds.

Properties—Veronica is tonic, alterative and diuretic, and has been used with good results in asthma and coughs.

Dose—Steep a teaspoonful of the granulated leaves and flowering tops into a cup of boiling water for half an hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the tincture 10 to 20 min.

SQUAW WEED

(Senecio Aureus, Aster Family)

Common Names—Life Root, Ragwort, False Valerian, Golden Senecio. Female Regulator, Coughweed, Cocash Weed.

Medicinal Parts—The root and herb.

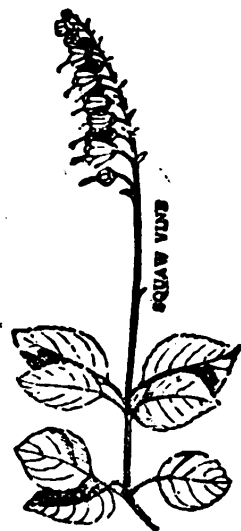
Description—Squaw Weed has an erect, smoothish stem, one or two feet high. Radical leaves are simple and rounded, mostly cordate and long petioled, lower cauline leaves lyrate, upper ones few, dentate and sessile. Flowers golden yellow.

The plant is perennial and indigenous, growing on low marshy grounds, and on the banks of creeks. The northern and

western parts of Europe are where it is mostly found, and the flowers culminate in May and June. There are several varieties of this plant, but as all possess the same medicinal properties, it is unnecessary to specify them. The whole herb is used of all the varieties.

Properties and Uses—It is diuretic, pectoral, diaphoretic, and tonic, and exerts a very powerful and peculiar influence upon the reproductive organs of females. This has given it the name of Female Regulator. Combined with the Lily, and other native and foreign plants, it is one of the most certain cures in the world for aggravated cases of leucorrhoea; also in cases of menstrual suppression. It will operate excellently in gravel, and other urinary affections.

Dose—A teaspoonful of the herbs to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



SQUAW VINE

(*Mitchella Repens*, Madder Family)

Common Names—Partridge Berry, One Berry, Checkerberry, Winter Clover, Deerberry, Hive Vine.

Medicinal Part—The Vine.

Description—This indigenous evergreen herb has a perennial root, from which arises a smooth and creeping stem. The leaves are ovate, slightly cordate, opposite, flat and dark-green; flowers are white, often tinged with red, in pairs, very fragrant, and have united ovaries. Calyx four-parted; corolla funnel-shaped; stamens four, inserted on the corolla. The fruit is a dry berry-like double drupe.

Squaw Vine is indigenous to the Uni-

ted States. It grows both in dry woods and swampy places, and flowers in June and July. The berry is bright scarlet and edible, but nearly tasteless. The leaves, which look something like clover, remain green throughout the winter. The whole plant is used, readily imparting its virtues to alcohol or boiling water.

Properties and Uses—Squaw Vine is parturient (producing or promoting childbirth, or labor), diuretic, and astringent. In all uterine diseases it is highly beneficial, in order to render parturition safe and easy. Ladies who wish to use it for that purpose, however, should consult an herbal physician of experience for a proper, safe, and effectual preparation. Our formula No. 410 is an excellent combination of herb simples for this purpose. See page 230.

Dose—A teaspoonful of the vine to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture one-fourth to one-half fl. dr.

The berries are good for dysentery. They are also highly spoken of as a cure for sore nipples. The application for the nipples is made by boiling a strong decoction of the berries down to a thick liquid, and then adding cream to it.

SHAVE GRASS

(Equisetum Hiemale)

Common Name—Horsetail Grass.

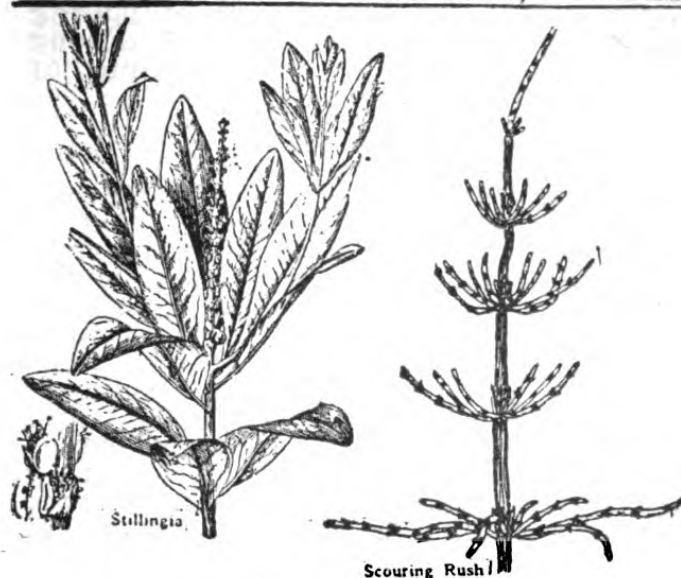
Medicinal Part—The plant.

Description—This is a perennial plant rising from creeping root stocks, the numerous stems are furrowed, many-jointed; frutification in terminal conelike spikes. These spikes are the first to appear in the spring and die after a few weeks, after which the clump of stems appear. These are the parts used in medicine. The plant grows in sand and gravel along road sides and railroad tracks and in wet places.

Properties—This is an excellent remedy for kidney and bladder troubles especially in gravel, difficult and bloody urine. It is also of great value as a wash for putrid wounds and ulcers.

Dose—A teaspoonful of the plant to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.

Asthma—Take a handful of dry Indian Turnip. Put in a quart of good whiskey. Let stand 3 days and it is ready for use. Dose, 1 tablespoonful twice a day.



STILLINGIA

(*Stillingia Sylvatica*, Spurge Family).

Common Names—Queen's Root, Queen's Delight, Yaw Root and Silver Leaf.

Medicinal Part—The root.

Description—This perennial herb has a glabrous, somewhat angled stem from two to four feet high, which when broken gives a milky sap. The leaves are sessile, somewhat leathery, and tapering at the base. The flowers are yellow, and arranged on a terminal spike. Fruit, a three-grained capsule.

Stillingia grows in sandy soils, and is a native of the southern part of the United States. The root is the part used. It should be used as soon after being gathered as possible, as age impairs its properties. The latter yield to water, but are better extracted by diluted alcohol. Its properties appear to be, owing to a very acrid oil, known as the Oil of *Stillingia*.

Properties and Uses—In large doses *Stillingia* vomits and purges, accompanied with more or less prostration of the system. In less doses it is an alterative, exerting an influence over the secretory functions unsurpassed by any other known alterative. It is very extensively used in all the various forms of primary and secondary syphilitic affections; also in scrofulous, hepatic and cutaneous affections; also, with combinations of anise or caraway, for laryngitis and bronchitis. The oil, unless well incorporated with some musilaginous or saccharine substance, should never be used internally.

Dose—A teaspoonful of the root, cut

small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

STAGBUSH

(*Viburnum Prunifolium*.)

Common Names—Black Haw, Sweet Virburnum, Sheepberry, Sloe.

Part Used—The dried bark of the root.

Description—This is an erect bushy shrub, sometimes gaining the height of a tree, 10 to 28 feet high, with a trunk diameter of 10 inches. Dark gray brown, rough with short narrow, rounded ridges broken laterally into small sections. The deep green leaves are broadly elliptical or obovate, finely and sharply toothed, the undersurface smooth, 1 to 3 inches long, the stem sometimes slightly margined. Flowers very small and white with 3 to 5 lobes, in clusters 2 to 4 inches broad. Bloom from May to June. Fruit ovoid, dark cadet blue, on red stems, edible but insipidly sweet. Grows in the northern and central parts of the U. S.

Properties and Uses—This bark is diuretic, tonic, antispasmodic, nervine and astringent. It is of great value in threatened abortion, nervous diseases of pregnancy, dismenorrhoea, after pains, ovarian irritation, asthma, hysteria. This very valuable medicinal agent is one of the ingredients of our Formula No. 409, Mother's Herb Tea.

Dose—A teaspoonful of the bark of root to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, 2 to fl. dr.

STAR ANISE

(*Illicium Anisatum*, Parsley Family).

Common Name—Star Anise.

Medicinal Part—Seed.

Description—The Star Aniseed is the fruit of *Illicium Anisatum*, an evergreen tree growing in China, Japan and Tartary. The fruit consists of from five to ten brownish ligneous capsules, four or five lines long, united together in the form of a star, each containing a brown, shining seed. It is much used in France to flavor liquors; and the volatile oil, upon which its aromatic properties depend, and of which it is said to yield about 2.3 per cent, is imported into this country from the East Indies, and sold as common oil of anise, to which, however, it is thought by some to be much superior.

Properties and Uses—Stimulant and carminative; used in cases of flatulen-

cy, colic of infants, and to remove nausea. Sometimes added to other medicines to improve their flavor or to correct disagreeable effects.

Dose—A teaspoonful of this to a cup of boiling water. Drink cold, 1 to 2 cupfuls a day. Of the tincture, $\frac{1}{2}$ to $\frac{1}{2}$ fl. dr.

STAR ROOT

(*Aletris Farinosa*, Lilly Family).

Common Names—Star Grass, Ague Root, Crow Corn, Unicorn Root, Colic Root.

Medicinal Part—The root.

Description—This plant has a perennial root, with radical leaves, sessile, lying flat on the ground, ribbed, broad, lanceolate, smooth, the large ones being about four inches long. The flower-stem is from one to three feet high, erect and simple, bearing bell-shaped flowers, which as they grow old have a wrinkled, mealy appearance. The fruit is a triangular capsule.

It is indigenous to North America, growing in low grounds, sandy soils, and at the edges of woods. Its flowers are white, and appear from May to August. The root is the part used. Alcohol is the best solvent.

Properties and Uses—Its root, when thoroughly dried, is a valuable bitter tonic, and in decoction or tincture is of great utility in dyspepsia, general or local debility, flatulent colic, hysteria, etc. It greatly strengthens the female generative organs, affording protection against miscarriage; and in chlorosis, amenorrhoea, dysmenorrhoea, engorged condition of the uterus, polapsus of that organ, is a very superior vegetable agent.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 10 min.

STEEPLEBUSH

(*Spiraea Tomentosa*).

Common Name—Meadow Sweet.

Part Used—The root and leaves.

Description—Steeplebush is a shrub 2 to 3 feet high, leaves alternate, lanceolate, toothed, dark green above, rusty white beneath; flowers in spikes small, purplish pink turning to a rusty color in the fall.

Properties—Steeplebush is useful as an astringent, tonic, in diarrhoea, hemorrhages, gonorrhoea, ulcers, etc.

Dose—A teaspoonful of the root or leaves, cut small or granulated, to a

cup of boiling water. Drink cold 1 cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

ST. BENEDICT THISTLE

(*Carduus Benedictus*).

Common Names—Blessed Thistle, spotted Thistle, Cardin.

Part Used—Leaves and flowering tops.

Description. Blessed Thistle is an annual herb growing about 2 feet high with coarse erect stem, branched and rather wooly; leaves 3 to 3 inches long, oblong, lance-shaped, thin more or less hairy, margins wavy lobed and spiny. The yellow flower heads, which appear from May to August are situated at the ends of the branches almost hidden by the upper leaves. The flowers are surrounded by scales of a leathery texture tipped with long yellowish red spines.

Properties—Blessed Thistle is tonic and diaphoretic. Taken cold in a mild dose as prescribed below it is a mild tonic in debility of the stomach; taken hot it produces copious perspiration; taken double or triple strength it becomes an emetic.

Dose—A teaspoonful of the leaves and flowering top, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

ST. IGNATIUS' BEAN

(*Ignatius Amara*).

Description—The Ignatius Amara is a branching tree with long, taper, smooth, scrambling branches. The leaves are velvety, smooth, and a span long. The flowers are long, nodding and white, and smell like jessamine. The fruit is small and pear-shaped, and the seeds number about twenty, are angular, and are imbedded in a soft pulp.

The tree is indigenous to the Philippine Islands, and the seeds thereof are the St. Ignatius' Bean of the drug-shops. The bean yields its properties best to alcohol, but will also yield them to water. It contains about one-third more strychnia than nux-vomica, but is seldom used for the production of strychnia on account of its extreme scarcity.

Properties and Uses—Very similar to nux-vomica seeds, but more energetic. It is used in nervous debility, amenorrhoea, chlorosis, epilepsy, worms, etc., with partial good effect, but is a dangerous article, however well prepared,

and should be used only by the advice of a professional gentleman, upon whose truth and ability you may place the utmost confidence. It should not be employed in domestic practice as it is too powerful.



ST. JOHNSWORT

(*Hypericum Perforatum*, St. John's Wort Family).

Common Name—John's Wort.

Medicinal Parts—The tops and flowers.

Description—This a beautiful shrub, and is a great ornament to our meadows. It has a hard and woody root, which abides in the ground many years, shooting anew every year. The stalks run up about two feet high, spreading many branches, having deep-green, ovate, obtuse, and composite leaves, which are full of small holes, which are plainly seen when the leaf is held up to the light. At the tops of the stalks and branches stand yellow flowers of five leaves apiece, with many yellow threads in the middle, which, being bruised, yield a reddish juice, like blood, after which come small, round heads, wherein is contained small blackish seed, smelling like resin. The fruit is a three-celled capsule.

This plant grows abundantly in this country and Europe, and proves exceedingly annoying to farmers. It flowers from June to August. It has a peculiar terebinthine odor, and a balsamic, bitterish taste. It yields its properties to water, alcohol and ether.

Properties and Uses—It is astringent, sedative, and diuretic. It suppresses the urine, and is very applicable in

chronic urinary affections, diarrhoea, dysentery, jaundice, menorrhagia, hysteria, nervous affections, hemoptysis, and other hemorrhages. Externally, in fomentation, or used as an ointment, it is serviceable in dispelling hard tumors, caked breasts, bruises, etc.

Dose—A teaspoonful of the tops and flowers, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time: of the tincture, 10 to 30 min.



Josephs Wort

ST. JOSEPHWORT (*Ocimum Basilicum*.)

Common Name—Sweet Basil.

Part Used—The herb.

Description—This is an annual plant native of India and Persia and cultivated here and in Europe. Leaves ovate, slightly serrate, smooth extending from the stem. The flowers vary in colors, white, pink and red.

Properties and Uses—This herb is aromatic and stimulant. The tea taken hot is considered of good use in delayed menses.

Dose—One teaspoonful to a cup of boiling water. Drink 1 or 2 cupfuls a day.

STONE ROOT

(*Collinsonia Canadensis*, Mint Family).

Common Names—Hardrock, Horseweed, Heal-all, Richweed, Oxbalm, Knob Root.

Medicinal Part—The plant.

Description—This plant has a knobby root and a four-sided stem, from one to four feet in height. The leaves are thin, broadly ovate, acuminate, coarsely serrate, from six to eight inches long, and from two to four broad. Flowers large, corolla greenish-yellow; stamens two, and very long; seeds four, of which two or three are sterile.

This plant grows in moist woods from Canada to Carolina, and flowers from July and September. The whole plant has a strong odor and a pungent and spicy taste. The odor of the fresh root is slightly disagreeable. The whole plant is generally used, and has its value. The chief virtues of the plant are, however, concentrated in the root, which should always be used when fresh. Its active principle is Collinsonin, which name is derived from its discoverer, Peter Collinson.

Properties and Uses—It is used with good effect in chronic catarrh of the bladder, whites and weak stomach. It exerts a strong influence over all the mucous tissues. It is a very fair stimulant, and a gentle tonic and diuretic. The preparation called Collinsonin is very valuable as a remedy for hemorrhoids, and all other diseases of the rectum, and for such afflictions I recommend it highly. It is chiefly used in inveterate and chronic cases. The largest dose is five grains; the average dose two grains. The infusion or decoction of the plant may be moderately used without additional remedies, and in some instances so may the Collinsonin; but in about every case a skillful combination of the latter with other standard preparations is necessary to insure easy and speedy restoration to good health. Stone Root is used externally—the leaves particularly—in fomentation and poultice, and bruises, wounds, blows, sprains, cuts, ulcers, cores, etc.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

SUMACH

(*Rhus Glabrum*, Sumac Family).

Common Names — Smooth Sumach. Scarlet Sumach.

Medicinal Part—The bark and fruit.

Description—Sumach is a shrub, from six to fifteen feet high, consisting of many straggling branches, covered with a pale-gray bark, having occasionally a reddish tint. The leaves are alternate, consist of from six to fifteen leaflets, which are lanceolate, acuminate, acutely serrate, shining and green above, whitish beneath, becoming red in the fall. The flowers are greenish red, and fruit a small red drupe, hanging in clusters, with a crimson down, extremely sour to the taste, which is due to the late of lime.

Sumach grows in the tickets and waste grounds of Canada and the United States. It flowers in June and July, but matures its fruit in September and October. The bark and berries are officinal. The berries should be gathered before the rains have washed away the acid properties which reside in their external, downy efflorescence. Both the bark and the berries yield their active influence to water. Great care is to be taken in the selection of several species of *Rhus*, as many of them are highly poisonous.

Properties and Uses—The berries are refrigerant and diuretic; the bark is tonic, astringent and antiseptic. The bark of the root has sometimes been used with success in decoction or syrup as a palliative of gonorrhoea, leucorrhoea, hectic fever, dysentery and scrofula. Combined with the barks of White Pine and Slippery Elm, it will, it is claimed, cure syphilis.

Dose—A teaspoonful of the bark to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to $\frac{1}{2}$ fl. dr.

SUMMER SAVORY

(*Satureja Hortensis*, Mint Family)

Medicinal Part—The leaves.

Description—This annual plant has a branching, bushy stem, about eighteen inches in height, woody at the base, frequently changing to purple. The leaves are numerous, small entire, and acute at the end. The flowers are pink-colored. Calyx tubular, corolla bilabiate, stamens diverging.

It is a native of the south of France. It is extensively cultivated for culinary purposes in Europe and America, and flowers in July and August. The leaves are the part employed. They have an aromatic odor and taste analogous to those of thyme.

Properties and Uses—It is a stimulant, carminative and emmenagogue. A warm infusion is beneficial in colds, menstrual suppression, and wind colic, for which it is a specific. The oil inserted into the carious teeth will often relieve the toothache.

Dose—A teaspoonful of the leaves to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

Satureja Montana, or Winter Savory, possesses similar qualities.

Send all orders direct to Joseph E. Meyer, Indiana Herb Gardens, P. O. Box 5, Hammond, Ind.

SUNDEW

(Drosera Rotundifolia).

Part Used—The whole herb.

Description—This plant is found in moist sandy or peaty soil in Canada and U. S. The leaves are round on long stems extending from the root. They are thickly covered with hairy glands that exude drops of a clear glutinous fluid that have the appearance of dew drops which deceive insects alighting on the leaves. Having caught a victim the leaf slowly folds up and digests it.

Properties—Sundew has long been esteemed as a remedy for chronic bronchitis and asthma, whooping cough.

Dose—A teaspoonful of the herb, cut small to a pint of boiling water. Take 1 teaspoonful at a time as required; of the tincture 2 to 5 min.

**SWAMP BEGGAR'S TICK**

(Bidens Connata).

Common Names—Cockhold Herb, Beggar's Tick, Harvest Lice, Spanish Needles.

Medicinal Parts—The root and seeds.

Description—This herb has a smooth stem, from one to three feet high. The leaves are lanceolate, opposite, serrate, acuminate, and decurrent on the petiole. Flowers, terminal; florets, yellow; and fruit, a wedge-formed achenium.

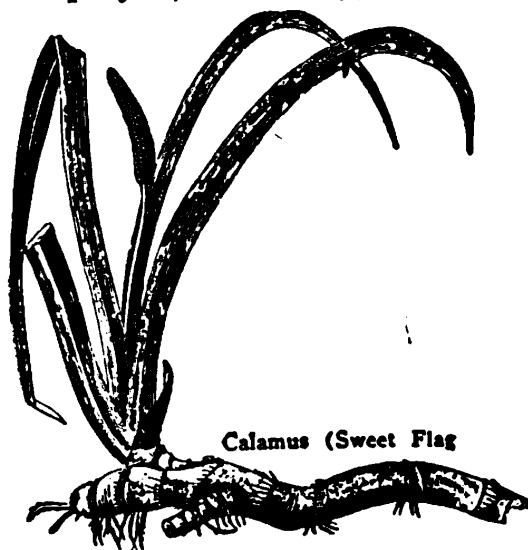
This is a common weed, found in wet grounds, rich fields, swamps and ditches, from New England to Missouri. It flowers in August. The root and seeds are employed medicinally, and may be used in decoction, infusion or tincture.

Properties and Uses—Root and seeds are emmenagogue and expectorant; the seeds, in powder or tincture, have been used in amenorrhoea, dysmenorrhoea, and some other uterine derangements, and an infusion of the root has proved beneficial in severe coughs. It has been used with great success for palpitation of the heart, and for croup. For this latter affliction a strong infusion of the leaves, sweetened with honey, and administered in tablespoonful doses every fifteen minutes until vomiting is produced, is regarded a cure. The leaves heated to the form of a poultice and laid upon the throat and chest in cases of bronchial and laryngeal attacks

from exposure to cold, etc., are very beneficial.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

Bidens Bipinnata, or Spanish Needles, and **Bidens Frondosa**, or Beggar Tick, can be employed, medically, the same.



Calamus (Sweet Flag)

SWEET FLAG (Calamus).

Common Names—Myrtle Flag, Sweet Grass.

Medicinal Part—Root.

Description—A perennial herb, resembling the blue flag. It is not an Iris, however, and may be distinguished from it by its corm and the aromatic taste of its leaves. It grows on the borders of ponds and marshes throughout the U. S.

Properties and Uses—It is an excellent stimulant and tonic. It improves the gastric juice and removes gases and sourness. It is also used for chlorosis, scurvy, gout, lameness, dropsy, especially in fevers. Regularly taken it will often prevent the returning of intermittent fever in marshy regions.

Dose—A teaspoonful of the root to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{4}$ to 1 fl. dr.

SWEET FERN

(Comptonia Asplenifolia).

Common Names—Sweetgale, Meadow Fern, Spleenwort Bush.

Part Used—The entire plant.

Description—This shrub grows 1 to 3 feet high, slender, erect and spreading branches, bark reddish brown, leaves

thin narrow, hairy when young; are linear oblong 3 to 6 inches long and $\frac{1}{4}$ inch to one inch wide, deeply divided into many lobes, the margins of which are sometimes sparingly toothed. The male flowers are produced in cylindrical catkins in clusters at the end of the branches and are about 1 inch in length. The female flowers are born in egg shaped catkins. The whole plant has a spicy, aromatic odor.

Properties—Sweet Fern is useful for its tonic and astringent properties. Valuable in diarrhoea, whites and fevers.

Dose—A teaspoonful of the plant to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{4}$ to 1 fl. dr.

SWEET GUM

(Liquidambar Stryaciflua, Witch Hazel Family).

Common Names—Red Gum, Star-leaved Gum.

Medicinal Part—The bark and concrete juice.

Description—The Sweet Gum tree grows to the height of from fifty to sixty feet. Its bark is gray and deeply furrowed, and there are corky ridges on the branches; the leaves are palmate, rounded, smooth and shining, fragrant when bruised, and turn a deep red in the fall. Fruit, a kind of strobile.

This tree is very abundant in the Southern and Middle States, and can be found in the most woods of nearly all parts of the Union. From incisions made in the tree a gum exudes which is resinous and adhesive, and somewhat like white turpentine in appearance.

Properties and Uses—As a remedy for catarrhs, coughs and pulmonary affections generally, it is without an equal, although physicians generally do not use it in their practice. It is also very valuable for fever sores, fistula, scrofula, etc., when made into an ointment.

Dose—A teaspoonful of the bark, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, $\frac{1}{4}$ to $\frac{1}{2}$ fl. dr.

Delirium Tremens—Make a tea of Blue Skull Cap as for St. Vitus Dance. Let patient drink a teacupful or more. It will soon produce a calm sleep. A little brandy may be added if patient has not had a stimulant.

Pneumonia—"Steep Hops in vinegar or whiskey and apply hot as a poultice and renew frequently until relief is obtained." Writes Mrs. O. Z., Pittsfield,



SCULLCAP.

SCULLCAP

(*Scutellaria*, *Lateriflora*, Mint Family).

Common Names—Side-flowering Scullcap, Mad Dogweed, Blue Pimpernell and Hood-wort.

Medicinal Part—The whole plant.

Description—Scullcap has a small, fibrous, yellow, perennial root, with an erect and very branching stem, from one to three feet in height. The leaves are on petioles about an inch long, opposite, thin subcordate on the stem, ovate on branches, acuminate, acute and coarsely serrate. The flowers are small, and of a pale-blue color. It is an indigenous herb, growing in damp places, meadows, ditches, and by the side of ponds from Connecticut south to Florida and Texas, flowering in July and August. The whole plant is medicinal, and should be gathered while in flower, dried in the shade, and kept in well-closed tin vessels. Chemically it contains an essential oil, a yellowish-green fixed oil, chlorophyll, a volatile matter, albumen, an astringent principle, lignin, chloride of soda, salts of iron, silica, etc.

Properties and Uses—It is a valuable nervine, tonic and antispasmodic used in chorea, convulsions, fits, delirium tremens, and all nervous affections, supporting the nerves, quieting and strengthening the system. In delirium tremens an infusion drunk freely will soon produce a calm sleep. In all cases of nervous excitability, restlessness or wakefulness, etc., it exerts beneficial results.

Dose—Place one teaspoonful of the granulated leaves into a cup of boiling water. Drink one or two cupfuls dur-

ing the day, or use from half to one teaspoonful of the fluid extract three times a day.

(Extract U. S. Dispensatory, Eleventh Edition.)

Drs. Ariel Hunton and C. H. Cleaveland of Vermont speak in strong terms of its efficacy as a nervine. They have employed Scullcap in neuralgic and convulsive affections, chorea, delirium tremens, and nervous exhaustion from fatigue or over-excitement, and have found it highly advantageous. Dr. Cleaveland says that he prefers it to all other nervines or antispasmodics, except where an immediate effect is desirable. He prefers the form of infusion, which he prepares by adding an ounce of the dried leaves to a teacupful of water, and allows the patient to drink ad libitum.

Extract from Bulletin No. 75—Digest of the U. S. P. Eighth Decennial Rev.)

Blue Scullcap exerts a direct influence upon the cerebrospinal centers, controlling irritation. It constitutes an excellent remedial agent in all diseases in which a tonic combining nervine powers is deemed necessary, such for instance as chorea, convulsions, tetanus, tremors, delirium tremens, hysteria, monomania, and that undefined condition known as nervousness.

An editorial note asserts that Scullcap is a drug well worth a trial in nervous insomnia.

For Sleeplessness—Take a teaspoonful upon retiring of medicine made as follows:

Pale Scullcap, 4 tablespoonfuls.

Nerve Root, 4 tablespoonfuls.

Mint Blossoms, 4 tablespoonfuls.

Add one quart of water and boil down to a pint; strain and add one pint of best Holland Gin.

Formulas where there is no price given are not put up by us in mixed form; you can purchase one 25c box of each of the herbs mentioned in such formulas and mix them yourself.

No. 150. Herbs \$1.00 Box.

Goitre Remedy—This tea is essentially a Nerve Tonic and blood purifier. It has given such satisfaction in the treatment of thick neck and goitre that we feel justified in adding it to our list of prepared formulas. It contains nothing but roots, herbs and flowers. Absolutely harmless.

Menstruation is nature's purifier. It is a sanguineous flow appearing once in about twenty-eight days. It proceeds from the ovaries, situated just above the womb, passes down through the fallopian tubes into the cavity of the uterus (womb), washes its walls before passing outside, and when the functions are properly performed occurs once in about four weeks.

The existence of any condition that obstructs or prevents this work from going on, will, if not promptly removed, upset the whole organization.

Menstrual derangements manifest themselves in different ways, but they all spring from similar causes or have their origin in conditions bearing a close relation to each other.

Scanty, Irregular, Profuse, Painful and Suppressed Menstruation are the generic terms by which the most common menstrual disorders are known.

Scanty and Irregular Menstruation may arise from a bloodless condition of the system, or from excessive irritation of the uterine apparatus or inflammation in an aggravated form of those parts.

Treatment—We highly recommend the following three-fold treatment: Use Formula No. 999, Body Tonic Tea, one cupful in the morning upon awakening. In the afternoon take a wineglassful of Formula No. 409, Mothers Herb Tea, and on retiring use Formula No. 220, Viburnum Palmetto Compound, about one tablespoonful. Also apply Vitae Balm for Ladies to the vagina if the parts appear inflamed. Complete treatment, special for only \$4.50, postpaid.

Profuse and Painful Menstruation, in nearly all cases, have their seat in an irritated and inflamed condition of the uterus.

Treatment—Apply Vital Balm for Ladies to the vagina about twice a week. Use Formula No. 409, Mothers Herb Tea, one wineglassful every morning for a week before the flow and during the flow. After the second day of the flow drink 2 cupfuls a day of a tea made by steeping a teaspoonful of Wild Alum Root to a cup of boiling water for ten minutes.

Suppressed Menstruation, the most troublesome form of menstrual disorders, may arise from any one or more of the above conditions. Suppression may, in fact, result from a variety of causes, probably the most fruitful being superinduced by cold contracted through carelessness at a period when the ut-

most caution regarding the general health should be exercised.

If suppression exists from above mentioned condition, or if the flow is not as free as nature demands, decomposition of the menstrual fluid will result, which, being absorbed, re-enters the circulation, poisoning the blood and deranging the whole system.

No. 126—Herbs, \$1 box.

For Whites or Leucorrhoea—This formula is also valuable for derangements of the female organism:

- 10 teaspoonfuls Rosemary Leaves.
- 5 teaspoonfuls Lily Root.
- 5 teaspoonfuls Bear Berry Leaves.
- 1 teaspoonful Waywort.
- 3 teaspoonfuls Prairie Grass.

Directions—Place 7 teaspoonfuls of these mixed herbs in a quart of port wine or sherry wine. Let stand for ten days. Strain and it is ready for use. **Dose,** 5 tablespoonfuls upon retiring at night and upon awakening in the morning. Best results are obtained if this treatment is taken about ten days before the monthly period. The treatment should be stopped during the flow.

No. 226—Herbs, \$1 box. Tablets, \$1.

Painful Menses—This remedy is highly recommended for amenorrhoea, irregular and suppressed menstruation, leucorrhoea and especially for painful menstruation. It is a valuable antispasmodic and useful in spasms, convulsions and malarial fevers. The ingredients of this remarkable formula speak for themselves:

- 6 parts German Rue.
- 6 parts Lily Root.
- 3 parts Bear Berry Leaves.
- 3 parts Squaw Weed.
- 3 parts Sweet Balm.
- 12 parts Sweet Flag.
- 3 parts Ginger.
- 12 parts Prairie Mint.

Directions—Place 7 teaspoonfuls of these mixed herbs in a quart of port wine or sherry wine. Let stand for ten days. Strain and it is ready for use. **Dose,** 3 tablespoonfuls upon retiring at night and upon awakening in the morning. Best results are obtained if this treatment is taken about ten days before the monthly period. The treatment should be stopped during the flow.

In cases of severe pains, a tumblerful of the wine may be taken and the pains will subside almost immediately.

If preferred to use this formula in the form of a tea, steep 1 teaspoonful of the mixed herbs in a cup of boiling water, let it remain until cold and drink it upon retiring at night. For severe pains the tea should be taken as hot as possible and the pains will disappear almost immediately.

No. 71—Price, per box, \$1.00.

Vitae Balm for Ladies Only—This preparation is to be applied to womb and vagina. It has great healing, invigorating powers. Useful in leucorrhoea or whites, prolapsus, etc. It strengthens and tightens the tendons.

Directions—Apply a portion twice the size of a pea to the entire passage of vagina and around the neck of the womb every evening on retiring. In cases of prolapsus the patient should lie down in a kneeling position for ten minutes after using the balm.

No. xx—Herbs 50c box. Large box \$1.50.

Suppressed Menstruation—From unnatural causes, such as colds, chills, etc., etc., except when caused from impoverished blood, will find prompt relief.

Cotton Root, 10 teaspoonfuls.

Pennyroyal, 10 teaspoonfuls.

Mallow, 3 teaspoonfuls.

Licorice, 3 teaspoonfuls.

Seneca, 2 teaspoonfuls.

Anise Seed, 3 teaspoonfuls.

Steep a teaspoonful of these mixed herbs in a cup of boiling water for 15 minutes and drink as hot as possible before going to bed. Cover up well so as to produce a good sweat. Use double strength if necessary the second night. If necessary take a hot foot bath the third night in a basin of hot water in which a cupful of ground mustard has been stirred.

The tea should be taken about one day before the monthly period. The patient **must** be in bed well covered up in less than one minute after taking the tea and foot bath, or the result will be nil. In very severe cases a teaspoonful of common black pepper may be added to each cupful of the tea.

Special Notice to Women—Wherever "Suppressed Menstruation" is mentioned in this book, it refers to a diseased condition only. There are no roots, herbs, drugs or anything else that will bring on the menstrual flow in a case of pregnancy. All such advertised "Relief Pills" are frauds.

No. 307—Herbs, \$1 box.

Virgo Vitae Balm—An excellent balm for young girls and women suffering with painful menstruation. Has a tendency to heal and invigorate the organs. Recommended to women in confinement for painless labors. The ingredients are so well known they need no recommendation.

Acacia Vera, 5 teaspoonfuls.

Golden Seal, 3 teaspoonfuls.

Chamomile, 1 teaspoonful.

Thousand Seal, 1 teaspoonful.

Witch Hazel, 4 teaspoonfuls.

Sugar. 3 teaspoonfuls.

Take 10 teaspoonfuls of this mixture and place in a cup of cold water for one hour; stir often. Then place on back of the stove until it thickens like dough. When cool, cut into squares the size of your little finger nail. Place one of the squares as near to the mouth of the womb as possible and let it remain three days, then use syringe.

This may also be used as a douche for leucorrhoea, whites, etc., by steeping a teaspoonful of the mixture in a pint of warm water.

No. 409—Herbs, \$1 box. Tablets, \$1 box.

Mothers' Herb Tea—This is a remedy of greatest merit in the treatment of all female complaints. Every mother and daughter ought to preserve this formula:

Wild Cranberry Bark, 8 tablespoonfuls

Indian Deer Berry, 4 tablespoonfuls

Poplar Root Bark, 4 tablespoonfuls.

Crown Corn Root, 4 tablespoonfuls.

Wild Senna, 4 tablespoonfuls.

Indian Balm, 3 tablespoonfuls.

Steep 5 teaspoonfuls in 1 quart of boiling water until cold; strain. Dose—A wineglassful twice daily. Dose for young girls—A tablespoonful three times daily.

It is especially recommended to women suffering from the ills accompanying "change of life."

For Amenorrhoea, irregular and suppressed menstruation and almost any other female complaints, use a tea made as follows, writes Mrs. C. M. of London.

One tablespoonful dried Squaw Weed.

One tablespoonful dried Lily Root.

Steep in a cup of boiling water until cold. Dose—Two tablespoonfuls six to eight times a day. Use double strength if necessary. Keep body warm. Take moderate regular exercise.

The same treatment should be taken if there is too copious flow or if the flow extends over six days.

No. 410—Herbs, \$1 box. Liquid, \$1 bottle.

For Expectant Mothers—An absolutely harmless yet wonderfully efficacious remedy to promote easy child-birth:

Cramp Bark, 6 tablespoonfuls.

Crow Corn, 6 tablespoonfuls.

Pale Cohosh, 2 tablespoonfuls.

Spikenard, 2 tablespoonfuls.

Squaw Vine, 6 tablespoonfuls.

Sassafras, 6 teaspoonfuls.

Take entire package of these mixed herbs, place in two quarts of boiling water, boil down to one quart; strain, add a pint of honey and a pint of best brandy. Dose—Two tablespoonfuls every morning on awakening and at bedtime.

Bed Wetting Remedy—This is a scientific combination of absolutely harmless herbs that will quickly strengthen and purify the kidneys and bladder. It is invaluable for the cure of bed wetting, catarrh of the bladder, gravel and all urinary troubles.

To a quart of boiling water add a 25c box of St. Johns Wort, 4 tablespoonful Water Plantain boil down to one pint. When cold strain; add one or two cupfuls of honey. Dose—Children, one teaspoonful on awakening in the morning and on retiring at night. Adults, three teaspoonful.

Bed Wetting—"I used to have to take up my boy three and four times at night and even then could not avoid the trouble. The following simple remedy cured him and will undoubtedly cure anyone if taken with perseverance. It is nature's own remedy.

"Make a tea by steeping half package of Water Plantain, dried and crushed, into a pint of water for half hour. Sweeten to taste. Dose—Children, half teacupful twice a day. May be taken freely."

Kidney and Bladder—For acute inflammation of the kidneys and bladder troubles make a tea by steeping a cupful of the crushed herb Marsh Mallo in a quart of boiling water and drink a wineglassful every 15 minutes until relieved, or until 10 doses have been taken, then take every half hour. It is marvelous how quickly this remedy will act. It is harmless and may be taken freely. Should be in every home. Writes A. E., of Lockport, Ill.

Send all orders direct to Joseph E. Meyer, Indiana Herb Gardens, P. O. Box 5, Hammond, Ind. You can then be sure to receive strictly pure, fresh herbs.

No. 300—Herbs, \$1.50 box. Tablets, \$1 box. Liquid, \$1 bottle, 6 for \$5.

Ladies Beauty Tea—A mild Tonic laxative with demulcent and diuretic properties. Especially recommended to girls, ladies and young folks, troubled with pimples, muddy complexions, greasy or flabby skin due to impaired activity of the stomach, bowels and kidneys where the mild therapeutic action of these agents are indicated.

Stone Root, 1 teaspoonful.
Buffalo Herb, 10 teaspoonsful.
Golden Seal, 1 teaspoonful.
Sacred Bark, 1 teaspoonful.
Cheese Plant, 6 teaspoonsful.
Mullein Flower, 3 teaspoonsful.
Blue Eyes Flowers, 3 teaspoonsful.
Mallow Root, 3 teaspoonsful.
Licorice, 1 teaspoonful.

Take a teaspoonful of these mixed herbs and steep in a cup of boiling water, add a pinch of salt and sweeten to taste, with honey preferably.



They all thrive and grow fat on Buffalo Herb Tea. It will put flesh on your frame.

No. 77—Herbs, 50c, small box. \$1 large box. Tablets, \$1 box. Liquid, \$1.

Buffalo Herb Tea—This tea is nutritive, demulcent and tonic. It is an aid to digestion and for that reason highly recommended to thin people. This tea and Formula No. 76, Developing Cream constituted Dr. Johnson's treatment for thin people that was advertised for years. The tea, like all the other formulae in this book is composed of nothing but pure roots, herbs, barks and flowers and is absolutely harmless, and may be taken freely 2 to 4 cupsful a day where these agents are indicated.

No. 117. Herbs \$1 box.

Heart Dropsy—For Dropsy and Dropsy of the Heart, we can highly recommend the formula below. The ingredients have been used in different formulas with success for many generations. It is agreeable to the stomach and a great improvement will be noticed within a few days' treatment of this remarkable formula.

- 6 teaspoonfuls Rosemary Leaves.
- 2 teaspoonfuls Waywort.
- 3 teaspoonfuls Lavender.
- 2 teaspoonfuls Cheese Plant.
- 1 teaspoonful Licorice Root.
- 2 teaspoonfuls Thyme.

Directions—Moisten this herb mixture with best grain alcohol or brandy. The best method of doing this is to take a teacupful of the herbs and pour on a few tablespoonfuls of grain alcohol or brandy. Now take 1 teaspoonful of this wet mixture and place it in a cupful of boiling water. Let it remain until the water cools and drink 2 or 3 cupfuls during the day. The tea may be sweetened with honey if desired. Sugar should not be used.

To Expectant Mothers—About six weeks before you expect your little one begin to take a tea made by steeping a tablespoonful of the shredded root of Spikenard or Wild Licorice, into a cup of boiling water until cold. Drink this amount during the day. Drink what you can; if but little, drink it—more is better, however. Continue this until baby comes. I have used this and can personally vouch for it in highest terms or praise, having had three little children since I commenced the treatment with very, very little suffering—none, comparatively. It is perfectly harmless and the result sure, speaking from my own experience and that of friends to whom I have given the prescription. It came to me from a dear woman, herself the mother of fourteen children, yet still young and vigorous, who has always used and recommended "Spikenard Root Tea." Writes Mrs. L. of Wisconsin.

Expectant Mothers—"For after-pains of child-birth a tea made of Catnip Leaves will often give instant relief." Writes Mrs. L. H. A., Wheatland, Wyo.

Dropsy—"A tea made by steeping 1 teaspoonful of common Broom Tops into a cup of boiling water is excellent for dropsy and kidney troubles." Writes M. P., Ashboro, N. C.

No. 34—Herbs, \$1 box.

For Piles—The ingredients of this formula are mostly of Indian origin. Government investigators, pathologists, and botanists have found the Indians, though exposed to the elements, peculiarly free from piles. The reason for this can undoubtedly be attributed to their superior treatment of this ailment.

10 teaspoonfuls Wild Alum Root.
10 teaspoonfuls Prairie Plant.
2 teaspoonfuls Buck Thorn Bark.
4 teaspoonfuls Indian Sage.
2 teaspoonfuls Fennel Seed.
4 teaspoonfuls Elm Bark.

Directions—Steep a heaping teaspoonful of this herb mixture in a cup of boiling water. Boil for a few minutes and strain and drink 1 cupful upon retiring at night. In severe cases 2 or 3 cupfuls may be taken during the daytime. The same tea may be injected into the rectum, adding 1 cupful of warm water to each cupful of the tea as the tea may otherwise be a little too strong for the average person.

No. 103—Price 50c box.

Pile Ointment—This is a very pleasant soothing and absorbing antiseptic ointment. It is valuable for wounds of all kinds. We can highly recommend this ointment for protruding piles, fissure and blind piles. It will give instant relief.

No. 104—Price 50c box of 12.

Pile Cones—For internal piles, also blind and bleeding piles. By inserting one of these cones into the rectum upon retiring at night this remedy is given an opportunity to exert its antiseptic cooling and healing influence all through the night direct to the afflicted part. It may be used every evening or every second evening with positive results.

Laxative and Tonic—Steep a teaspoonful of the dried leaves of the herb Turtle Bloom in a cup of boiling water until cold. Dose—One teaspoonful every hour until the bowels move. Some constitutions require double strength. This is a fine remedy.

Nervous Headache—"Take a heaping teaspoonful of Catnip and place into a cup of boiling water. Let it remain 10 or 15 minutes and drink as hot as possible. If the headache is not relieved in 30 minutes, drink another cupful." Writes Mrs. E. G., Alden, Mich.

SUMBUL

(Ferula Sumbul).

Common Name—Musk Root.**Part Used**—The root.

Description—Sumbul is a native of Central and Western Asia. The dried root is $\frac{1}{2}$ to 4 inches thick, dusky brown, annulate, longitudinally wrinkled or with smooth, silver grey periderm, interior light brown, spongy, porous with numerous brownish yellow resin reservoirs, odor musk like, taste bitter.

Properties—Sumbul is useful in hysteria, female nervousness, epilepsy, chlorosis, amenorrhoea, asthma, delirium tremens, leucorrhoea, gleet, etc.

Dose—A teaspoonful of the root to a pint of boiling water. Drink cold a mouthful 2 or 3 times a day. Tincture 2 to 5 min.

TACAMAHAC

(Populus Balsamifera).

Common Name—Balsam Poplar.**Medicinal Part**—The buds.

Description—This tree, also called Tachamahac Poplar, attains the height of from fifty to seventy feet, with a trunk about eighteen inches in diameter. The branches are smooth, round and deep brown. The leaves are ovate, gradually tapering and pointed, deep-green above, and smooth on both sides.

This tree is found in Siberia, and in the northern parts of the United States and Canada. In America it is in blossom in April. The leaf-buds are the officinal part. They should be collected in the spring, in order that the fragrant, resinous matter with which they are covered may be properly separated in boiling water, for upon this their virtues depend. They have an agreeable, incense-like odor, and an unpleasant, bitterish taste. The balsamic juice is collected in Canada in shells, and sent to Europe under the name of Tacamahaca. Alcohol, or spirits, is the proper solvent. The *Populus Balsamifera* is generally confounded with the *Populus Candicans*, from whose buds we get the virtues known as the Balm of Gilead; but it is much the superior tree for medical purposes.

Properties and Uses—The buds are stimulant, tonic, diuretic and anti-scorbutic. In tincture they have been beneficially employed in affections of the stomach and kidneys, and in scurvy and rheumatism. Sometimes they are applied in that form as a remedy for affections of the chest. The bark is known to be tonic and cathartic, and will prove of service in gout and rheumatism.

Dose—A teaspoonful of the buds to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

TAG ALDER

(*Alnus Rubra*, Birch Family).

Common Names—Common Alder, Smooth Alder, Red Alder.

Description—This is a well known shrub, growing in clumps, and forming thickets on the borders of ponds and rivers and in swamps. The stems are numerous, and from six to fifteen feet high. The leaves are obovate, acuminate, smooth and green, from two to four inches long.

The *Alnus Rubra* is indigenous to Europe and America, and blossoms in March and April. The bark is the part used medicinally.

Properties and Uses—The bark is universally acknowledged to be alterative and emetic, and is especially recommended for scrofula, secondary syphilis (inferior, however, to Rock Rose or *Stillingia*), and cutaneous diseases, of which there are many varieties, some of which have and some of which have not been classified.

Dose—One teaspoonful to a cup of boiling water. Drink cold 1 or 2 cups a day; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



TANSY.

TANSY

(*Tanacetum Vulgare*, Aster Family.)

Common Names—Bitter Buttons, Parsley Fern.

Medicinal Part—The herb.

Description—Tansy has a perennial creeping root, and an erect herbaceous stem, one to three feet high. The leaves are smoothish, dark green; flowers, golden yellow; fruit, an achenium.

Indigenous to Europe, but has been introduced into this country and cultivated by many; but grows also spontaneously in old grounds, along roads, flowering in the latter part of summer. Drying impairs much of the activity of the plant. It contains volatile oil, wax, stearine, chlorophyll, bitter resin, yellow coloring matter, tannin with gallic acid, bitter extractive gum, and tanacetie acid, which is crystallizable, and precipitates lime, baryta and oxide of lead.

Properties and Uses—It is tonic, emmenagogue and diaphoretic. In small doses, the cold infusion will be found useful in convalescence from exhausting diseases, dyspepsia, hysteria and jaundice. The warm infusion is diaphoretic and emmenagogue. It bears a good reputation in suppressed menstruation, but should be used only when the suppression is due to morbid causes.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



TALL NASTURTIUM

Common Names—Water Cress.

Medicinal Parts—Leaves and roots.

Description—Tall Nasturtium grows in running water. The branching stems are 1 to 2 feet long and generally extend with leaves above the water. The leaves are somewhat fleshy, elliptic and in pairs of 3 to 7. The flowers are white and small.

Properties and Uses—The plant is rich in minerals, sulphur, iron, phosphorous, etc., and is of value in scrofula, pimples, jaundice, dropsy and gravel.

Dose—A teaspoonful of the leaves or roots to a cup of boiling water. Drink cold, one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

THUJA

(Thuja Occidentalis, Pine Family.)

Common Names—Arbor-Vitae, Yellow Cedar.

Parts Used—Branchlets and leaves.

Description—The Arbor Vitae or Thuja is a handsome ornamental evergreen, much cultivated for hedge rows and windbreaks, grows 20 to 40 feet high with a trunk diameter of 2 to 4 feet. The trunk often buttressed at the base, and sometimes distorted and twisted; branches short, the lower ones horizontal, the upper closely crowded with foliage and forming a dense conical head. Bark light brown, shredded, separating into long narrow strips. The leaves are bright green in overlapping scales, 4 rows on the two-edged small twigs, the middle row flat with a tiny slightly raised tubercle on each scale; with an aromatic odor when crushed. Cones small, when very young pale green, about $\frac{1}{2}$ inch long; when old, light reddish brown with 6 to 12 pointless, thin oblong scales.

Properties and Uses—The leaves and twigs of Thuja are useful in coughs, fevers, pulmonary catarrh, rheumatism, scurvy. Boiled with lard they form an excellent salve.

Dose—Best results are obtained if the leaves are soaked in sufficient alcohol or brandy to just cover them and taking 1 teaspoonful of the soaked leaves to a cup of boiling water. Drink 2 or 3 cupfuls a day, cold. The tea may be made without the alcohol, of course, if desired. Of the tincture, 10 to 30 min.

THYME

(Thymus Vulgaris.)

Common Names—Garden T h y m e, Mother of Thyme.

Medicinal Part—The herb.

Description—Thyme is a small undershrub, with numerous erect stems, procumbent at base, and from six to ten inches in height. The leaves are oblong, ovate, lanceolate and numerous. The flowers are bluish purple, small, and arranged on leafy, whorled spikes.

A native of Europe, but introduced into this country, and extensively cultivated in gardens for culinary purposes. It blossoms in the summer, when it should be collected and carefully dried. It has a strong, pungent, spicy taste

and odor, both of which are retained by careful drying. The herb yields its properties to boiling water and alcohol.

Properties and Uses—Tonic, carminative, emmenagogue, and antispasmodic. The cold infusion is beneficial in dyspepsia with weak and irritable stomach. The warm infusion is useful as a parturient, also in hysterics, dysmenorrhea, flatulence, colic, and to promote perspiration. The leaves are used externally in fomentation.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

The *Thymus Serpyllus*, Wild Thyme or Mother of Thyme has similar virtues to the above.



TWIN LEAF.

(*Jeffersonia Diphylia*, Barberry Family.)

Common Names—Rheumatism Root, Ground Squirrel Pea, Yellow Root.

Medicinal Part—The root.

Description—This plant is perennial, and has a horizontal rhizoma or fleshy root, with matted fibrous radicles. The stem is simple, naked, one-flowered, and from eight to fourteen inches in height. The leaves are in pairs, broader than long, ending in an obtuse point, smooth and petioled; flowers, large and white; fruit, an obovate capsule.

This plant is found from New York to Maryland and Virginia, and in many parts of the Western States. It grows chiefly in limestone soil, but also is found in woods and near rivers, irrespective of limestone, and flowers in April and May. The root is the part

used, and its virtues are extracted by water or alcohol. A chemical analysis of this plant showed it to contain tannic acid, gum, starch, pectin, fatty resin, bitter matter, similar to polygalic acid, carbonate and sulphate of potassa, lime, iron, magnesia, silica, etc.

Properties and Uses—It is diuretic, alterative, antispasmodic, and a stimulating diaphoretic. It is successfully used in chronic rheumatism, secondary or mercurio-syphilis, dropsy, in many nervous affections, spasms, cramps, nervous excitability, etc. As a gargle it is useful in diseases of the throat.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

TURKEY CORN

(*Corydalis Formosa*, Poppy Family.)

Common Names—Wild Turkey Pea, Stagger Weed, Choice Dielytra.

Medicinal Part—The root.

Description—This indigenous perennial plant has a tuberous root, and a stem from six to ten inches in height. The leaves are radical, rising from ten to fifteen inches high, and somewhat triternate. The scape is naked, eight to twelve inches high, and bearing from six to ten reddish purple nodding flowers. The fruit is a pod-shaped, many-seeded capsule.

This beautiful little plant flowers very early in the spring, and the root should only be gathered while the plant is in flower. It grows in rich soil, on hills, among rocks, and old decayed timber, and is found westward and south of New York to North Carolina. The alkaloid, *Corydalin*, is the active principle.

Properties and Uses—Tonic, diuretic and alterative. In all syphilitic, scrofulous and cachectic conditions it is one of the best remedies. Its tonic properties render it valuable as an alterative in all enfeebled conditions. Its tonic properties are similar to *Gentian*, *Columbo* and other pure bitters. Its magical properties as an alterative renders it one of the most valuable remedies in the whole range of medicine.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

Address all orders direct to Joseph E. Meyer, Ind. Herb Gardens, P. O. Box 5, Hammond, Ind.

TURTLEBLOOM

(Chelone Glabra, Figwort Family.)

Common Names—Snake Head, Salt Rheum Seed, Balmony, Turtle Head, Shell-flower.**Medicinal Part**—The leaves.**Description**—This is a perennial, smooth, herbaceous plant, with simple erect stem about two or three feet high. The leaves are opposite, sessile, oblong-lanceolate, acuminate, serrate and of a dark shining green color. The fruit is capsule.

This valuable medical plant is found in the United States, in damp soils, flowering in August and September. The flowers are ornamental, and vary in color, but inodorous, and impart their virtues to water and alcohol.

Properties and Uses—It is tonic, cathartic, and anthelmintic; very valuable in jaundice, liver diseases, and for the removal of worms. In small doses it is a good tonic in dyspepsia, debility of the digestive organs, and during convalescence from febrile and inflammatory diseases. An ointment made from the fresh leaves is valuable for piles, inflamed breasts, tumors, and painful ulcers.**Dose**—One teaspoonful to a cup of boiling water. Drink cold 1 or 2 cupfuls a day. Tincture, $\frac{1}{2}$ to 1 fl. dr.**VANILLA**

(Vanilla Aromatica.)

Medicinal Part—The fruit or pods.**Description**—Vanilla Aromatica is a shrubby, climbing, aerial parasite, growing in the clefts of rocks, or attaching itself to the trunks of trees. It suspends itself to contiguous objects, and is truly an aerial plant. The stem is round, about as thick as the finger, from twenty to thirty feet in length, and often thicker at the summit than at the base. The leaves are alternate, oblong, entire, on short petioles, green fleshy, and pointed by a species of bean, yellow or buff color, of an agreeable aromatic odor; the beans must be dried with care or they will lose their properties.

Vanilla grows in Mexico and other parts of tropical South America. There are several species which are supposed to furnish the vanilla of commerce. It yields its virtues to water or alcohol.

Properties and Uses—It is an aromatic stimulant, and is used, in infusion, in hysteria, rheumatism and low forms of fever. It is also called an aphrodisiac, powerfully exciting the generative system. Vanilla is said to exhi-

arate the brain, prevent sleep, increase muscular energy, and stimulate the sexual propensities.

Dose—A teaspoonful of the fruit or pods cut small, to a pint of boiling water. Take a teaspoonful at a time as required; of the tincture, 1 to 2 min.



VIRGINIA SNAKE ROOT

(*Serpentaria Aristolochia*.)

Common Names—Red River Snake Root, Texas Snake Root, Sangrel, Sangree Root, Birthwort, *Serpentaria*.

Medicinal Part—The dried rhizome and roots.

Description—Virginia Snake Root is a perennial plant with one or more slender erect, zigzag jointed stems, about one foot high, purple toward the base; leaves cordate, ovate, 2 to 3 in. long, pale green, entire, flowers June to July, few purple, due to calyx which is tubular inflated at both ends and bent like letter S. The rhizome has numerous stem scars and bears a dense tress of thin branching roots about 3 in. long with camphorous odor and bitter aromatic taste.

Properties—Virginia Snake Root is stimulant, tonic, diaphoretic, diuretic, emmenagogue, aphrodisiac, promotes appetite and digestion, increases bronchial and intestinal secretions, heart action, and produces mental exhilaration. It is very valuable in intermittents, typhoid, pneumonia, diphtheria, rheumatism, dyspepsia, etc. In large doses however it is irritant causing vomiting, vertigo, purging, etc.

Dose—Steep a teaspoonful of the granulated roots into a cup of boiling water for half an hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the tincture 5 to 20 min.

WAHOO

(Euonymus, Atropurpureus).

Staff Tree Family.

Common Names—Spindle Tree, Burning Bush, Indian Arrow Wood, Euonymus.

Medicinal Part—The bark of the root.

Description—Wahoo is a small shrub or bush, with smooth branches and from five to ten feet high. The leaves are from two to five inches in length, lanceolate, acute, and finely serrated. Flowers dark purple, and the fruit a crimson, five celled capsule. There is another variety known as *Euonymus Americanus*, which is equally useful medicinally, and this and the foregoing are both known by the name of Wahoo better than by any other title.

These plants grow in many sections of the United States, in woods and thickets, and in river bottoms, flowering in June. The bark of the root has a bitter and unpleasant taste in its natural state, and yields its qualities to water and alcohol.

Properties and Uses—It is tonic, laxative, alterative, diuretic, and expectorant. It is serviceable in dyspepsia, torpid liver, constipation, dropsy and pulmonary diseases. In intermittents it serves a good purpose.

Dose—Steep a level teaspoonful of the bark cut into small pieces into a cup of boiling water for half an hour. When cold drink 1 or 2 cupfuls a day, a good mouthful at a time. Of the tincture $\frac{1}{2}$ to 1 fl. dr.

WAPER ASH

(Ptela, Trifoliata, Rue Family).

Common Names—Wing Seed, Shrubby Trefoil, Swamp Dogwood, Hop Tree.

Medicinal Part—The bark and the root.

Description—This is a shrub from six to eight feet in height, with the leaves trifoliate, and marked with pellucid dots; the leaflets are sessile, ovate, shortly acuminate, downy beneath when young. The flowers are polygamous, greenish-white, nearly half an inch in diameter, and of disagreeable odor. Stamens, mostly four; style short, and fruit a two-celled samara.

Wafer Ash or Ptela, is a shrub common to America, growing most abundantly west of the Alleghanies, in sandy, moist places and edges of woods, and also in rocky places. It flowers in June. The bark of the root is officinal, and yields its virtues to boiling water. Alcohol, however, is its best solvent. Ptelein is its active principle.

Properties and Uses—It is especially tonic and unirritating. It is said to be very useful as a promoter of appetite, and as a remedy for general debility. It will be tolerated by the stomach when other tonics are rejected. Some think it equal, in cases of fever (intermittent) to quinia. In convalescence from fever it serves an admirable purpose.

Dose—A teaspoonful of the bark of the root cut small to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.



WALNUT (WHITE)

(Juglans, Cinerea, Walnut Family)

Common Names—Butternut. Oil Nut.

Medicinal Parts—The inner bark of the root, and leaves.

Description—This indigenous tree attains a height of from thirty to fifty feet, with a trunk about four feet in diameter; the branches are wide-spreading, and covered with a smooth gray bark. The leaves are alternate, twelve to twenty inches long, and consist of seven or eight pairs of leaflets, which are oblong-lanceolate, and finally serrate. Male and female flowers distinct upon the same tree. Fruit is dark colored hard nut, kernel oily, pleasant flavored and edible.

Juglans Nigra, or Black Walnut is a well-known tree, is also medicinal.

Butternut is found throughout New England, Middle and Western States, on cold, uneven, rocky soils, flowering in April and May, and maturing its fruit at or about the middle of autumn. Its officinal parts are its leaves and the inner bark of the root. The latter should be gathered from April to July. It con-

tains resin, fixed oil, saccharine matter, lime potassa, a peculiar principle, and tannic acid. The black walnut flowers and ripens its fruit at the same time with the Butternut. Juglandin is the with the White Walnut. Juglandim is the active principle.

Properties and Uses—Butternut is a not induce constipation after its action. In cases of habitual constipation or other intestinal diseases, it has considerable value. It is used in decoction in cases of fever, and in the murrain of cattle. The juice of the rhind of Black Walnut will cure herpes, eczema, Porri-go, etc. A decoction of it has been used to remove worms. The European walnut has been found to be efficacious in cases of scrofula.

Dose—A teaspoonful of the inner bark of the root, cut small or granulated to a cup of boiling water. Drink cold one cupful a day, a large mouthful at a time; of the tincture 5 to 20 min.



WATER ERYNGO

(Eryngium, Aquaticum, Parsley Family)

Common Names—Button Snake Root, Rattlesnake's Master, Rattlesnake Weed, Cornsnake Root.

Medicinal Part—The root.

Description—This indigenous, perennial herb has a simple stem from one to five feet high. The root is a tuber, the leaves are one or two feet long, half an inch to an inch wide, and taper-pointed. The flowers are white or pale, and inconspicuous.

This plant is indigenous, growing in swamps and low, wet lands from Virginia to Texas, especially on prairie lands, blossoming in August. The root

is the officinal part. Water or alcohol extracts its properties.

Properties and Uses—It is aphrodisiac, exciting venereal desires and strengthening the precreative organs. It is also diuretic, stimulant diaphoretic, expectorant, and, in large doses, emetic. Very useful in dropsy, nephritic and calculous affections. It is a good substitute for Senega. The pulverized root, in doses of two or three grains, is very effectual in hemorrhoids and prolapsus ani. Two ounces of the pulverized root, added to one pint of good Holland gin, is effectual in obstinate cases of gonorrhoea, and gleet, to be administered in doses of one or two fluid drachms, three or four times a day. By some practitioners the root is employed as a specific in gonorrhoea, gleet and leucorrhoea; used internally in syrup, decoction or tincture—and the decoction applied locally by injection. Used externally and internally, it cures the bites of snakes and insects.

Dose—A heaping teaspoonful of the root to a pint of boiling water. Take a tablespoonful 2 to 4 times a day, cold. Of the tincture 10 to 20 min.



WATER PIMPERNEL

(Pimpinella-Saxifraga)

Common Names—Burnet, Pimpinella.

Parts Used—The root and herb.

Description—This plant reaches a height of 3 to 6 feet, nearly smooth with numerous lance-oblong coarsely toothed leaflets, often heart-shaped at base and hairy. The perfectly white flowers appear in Sept. and Oct.

Properties—Pimpernel is useful in cleansing chest, lungs, and stomach and for expelling stones from the bladder.

Dose—A teaspoonful of the root or

herb, cut small or granulated to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

WATER PEPPER

(*Polygonum Punctatum*, Buckwheat Family).

Common Names—Smartweed, Water Smartweed.

Medicinal Part—The whole herb.

Description—This is an annual plant, with smooth stem, branches often decumbent at the base, of reddish or greenish brown color, and growing from one to two feet high. The leaves are alternate, lanceolate, petiolate, with pellucid dots, wavy, and scabrous on the margin. The flowers are small, greenish-white, greenish-pink, and are disposed in loose, slender, drooping, but finally erect spikes.



It is a well known plant, growing in England and America, in ditches, low lands, among rubbish, and about brooks, and water courses. It flowers in August and September. The whole plant is medicinal. It has a bitter, pungent, acrid taste, and imparts its virtues to alcohol and water. It should be collected and made into a tincture while fresh. When it is eight months old it is almost worthless. The English variety of the plant possesses the same properties.

Properties and Uses—It is a stimulant, diuretic, emmenagogue, antiseptic, diaphoretic, etc. The infusion in cold water has been found serviceable in gravel, colds and coughs, and in milk

sickness. In cholera, the patients wrapped in a sheet moistened with a hot decoction have recovered.

It is used as a wash in chronic erysipelatous inflammations. The fresh leaves bruised with the leaves of Plantain, and moistened with oil of Turpentine, and applied to the skin, will speedily vesicate. The infusion in cold water forms an excellent local application in the sore mouth of nursing women, and in mercurial poison or salivation. The decoction or infusion in hot water is not so active as when prepared in cold or warm water.

Dose—A teaspoonful of the herb, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time. Of the tincture 30 to 60 min.

WINTERGREEN

(*Gaultheria Procumbens*.)

Common Names — Periwinkle, Spice Berry, Deerberry, Teaberry.

Medicinal Part—The whole plant.

Description—Wintergreen is a low-growing, broad-leaved, evergreen plant with a creeping stem. The shoots from the stem grow to a height of 4 to 5 inches and bear solitary white flowers, which are followed by red berries. These berries are edible and are widely known as teaberries or checkerberries. Wintergreen is a common plant in woods and clearings from eastern Canada southward to the Gulf States, but its collection is somewhat difficult. Both the dry herb and the oil form marketable products.

Like other woodland plants, wintergreen thrives only in partial shade, and plantings should be made in a grove or under a specially constructed shade, such as is used for Golden Seal or Ginseng. A fairly good growth may be expected in soil which is thoroughly mixed with leaf mold to a depth of 4 inches or more. Wild plants may be used for propagation. Divisions of these may be set in the fall or spring, about 6 inches apart each way, in permanent beds.

Wintergreen is usually gathered in October or at the end of the growing season. The plants are carefully dried and packed in bags or boxes for marketing. For the production of the volatile oil the plants are soaked in water for about 24 hours and then distilled with steam.

Wintergreen differs from Pippissisewa in that it has a distinct wintergreen aroma and flavor and the flowers are generally below the leaves, whereas the

Pippissewa bears its flowers several inches above the leaves. The leaves also differ in their shape.

Properties and Uses—Wintergreen is antiseptic, antipyretic, anti-periodic, stimulant, diuretic and cardiac depressant. Small doses stimulate the stomach, heart, respiration; large doses have the opposite effect and cause vomiting. It is of excellent use in rheumatic fever, migraine, sciatica, diabetes, cystitis, etc.

Dose—A teaspoonful of the plant, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

WHITE HOLLY

(*Ilex Opaca.*)

Common Name—American Holly.

Parts Used—Leaves and Bark.

Description—A native shrub or tree 15 to 40 feet high with a slender brown gray, rather smooth bark, 10 to 20 inches in diameter and spreading slender branches, horizontal or drooping; foliage olive or bronzy green. Leaves evergreen, leathery, elliptical, deep olive or yellow olive green, spiny, 2 to 3 inches long. Flowers white in loose clusters at the bases of the leaves or branchlets, with 4 to 5 oval or obovate petals. Fruit scarlet, not glossy, berrylike about 1-3 inch in diameter, short stemmed, persisting through the winter.

Properties and Uses—Leaves and bark are useful as astringent, tonic, alterative, febrifuge, substitute for cinchona, diarrhoea, fevers, ulcers, etc.

Dose—One teaspoonful of the leaves or bark, cut small, to a cup of boiling water. Drink cold one cupful a day, a large mouthful at a time; of the tincture, 3 to 5 min.

Gall Stones—"I am sending a remedy for Gall Stones which has cured an old friend of ours. Take a handful of the herb called Shepherds Heart and pour a quart of boiling water on it. Let it steep on the back of the stove for one hour; strain and cool. Drink a wine-glassful 3 times a day until cured."

Squaw Weed—Diuretic and tonic. Exerts a powerful influence on the reproductive organs of females. Combined with Lily Root it is one of the most certain cures for leucorrhoea; also excellent in cases of suppressed menstruation, gravel and all urinary affections.



WHITE PINE.
(*Pinus Strobus.*)

Common Names—Deal Pine, Soft Pine.

Part Used—Inner bark and sprigs.

Description—This is a handsome, plummy foliaged, straight-stemmed evergreen tree, 50 to 75 feet high and occasionally 180 feet high; trunk diameter 2 to 5 feet, bark perpendicularly seamed, dark gray, brown, rough. The needles soft, slender, delicate, three-sided, 3 to 4 inches long, light or dark bluish brown, the inner side with a strong line of white bloom; the sheaths deciduous, always in clusters of five. The cones 4 to 6 inches long, narrow, cylindrical, the scales broad-wedge shaped, without spines or prickles.

Properties and Uses—The bark and sprigs are very useful as an expectorant, to modify quality and quantity of the mucous secretions, and to favor its removal, in coughs and colds, bronchitis, laryngitis, pharyngitis, croup, influenza, sore throat and tonsillitis. It should be mixed, however, with wild cherry, sassafras and spikenard.

Dose—One teaspoonful to a cup of boiling water. Drink a large mouthful as often as necessary; of the tincture, $\frac{1}{2}$ to 1 fl. dr.

AGENTS WANTED.

Send 25c for book, "Key to Mail Order and Agency Business." This book contains complete list of herbs of all kinds with wholesale prices of all herbs and herbal preparations in bulk. It explains how you can have any of the remedies put up in boxes with your own label, name and address at remarkably low prices.



Red Saunders

WHITE SANDAL.
(*Santalum Album*).

Common Names—White, Red, Yellow

Medicinal Part—The wood and oil.

Sandalwood, White or Red Saunders.

Description—The several varieties of Sandal are of the same medicinal value and all furnish Oil of Sandal of good quality. Sandal is a small tree 20 to 30 feet high, bark greyish brown, leaves oval, smooth, glaucous, flower small, numerous cymes, odorless, color variable violet pink, red and yellow. The heart-wood of White Sandal is yellow; the outside or sap wood is white. The heart wood only should be used.

PROPERTIES—The oil, extract and infusion or tea are astringent, stimulant, diuretic, disinfectant, expectorant. Excreted by bronchial and genito-urinary mucuous membranes, cystitis, pyelitis, chronic diarrhoea. Very much like Copaiba and Cubebs in action and should be continued some time after discharges have ceased. Extensively used in perfumery. The wood is used by the natives for fevers, indigestion, palpitation, in inflammations and skin diseases. It is also used in making temple incense and by art-cabinet makers.

Dose—Steep a heaping teaspoonful of the wood, cut into small pieces, into a cup of boiling water for half an hour. When cold dring one or two cupfuls a day, a good mouthful at a time. Of the tincture 20 to 40 min.

Send all orders direct to Joseph E. Meyer, Indiana Herb Gardens, P. O. Box 5, Hammond, Ind. You can then be sure to receive strictly pure, fresh herbs.

WHITE WEED.

(*Leucanthemum Vulgare*, Aster Family)
Common Names—Ox Eye Daisy,
White Daisy.

Medicinal Parts—The leaves and flowers.

Description—This is a perennial herb, having an erect, branching, and furrowed stem, from one to two feet high. The leaves are few, alternate, lanceolate-serrate, the lower ones petiolate; the upper ones small, subulate, and sessile.

The plant was introduced into the United States from Europe, and is a very troublesome weed to farmers in nearly every section. It bears white flowers in June and July. The leaves are odorous and somewhat acid; the flowers are bitterish; they impart their virtues to water.

Properties and Uses—It is tonic, diuretic, and anti-spasmodic, and, in large doses, emetic. It is used as a tonic instead of Chamomile flowers, and is serviceable in whooping cough, asthma, and nervous excitability. Very beneficial in leucorrhoea. Its internal use is highly recommended in colliquative perspiration. Externally it is a good application to wounds, ulcers, scald-head and some other cutaneous diseases. The fresh leaves or flowers will destroy or drive away fleas.

Dose—Steep a heaping teaspoonful of this herb into a cup of boiling water for half an hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture $\frac{1}{2}$ to 1 fl dr.

WILD CLOVER

(*Trifolium Pratense*).

Parts Used—The flowering tops.

Description—Wild Red Clover is so common it needs no description.

Properties—Wild Clover is a valuable alterative, deobstruent and sedative. Largely used in impurities of the blood. Cancer of the stomach, whooping cough, and spasmodic affections.

Dose—A teaspoonful of the flowering tops, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture 20 to 40 min.

WILD CHERRY.

(*Prunus Serotina*.)

Common Names—Choke Cherry, Rum Cherry.

Medicinal Part—The inner bark.

Description—Wild Cherry grows in woods and open places. Its range extends from Nova Scotia to Florida and westward from Texas to South Dakota.

The trunk is straight, bark rough black, young branches smooth and reddish brown, fine grained and hard. The leaves are thick and oval, 2 to 5 inches long; smooth and shining, bright green above and somewhat hairy on the veins beneath, toothed. The clusters of white flowers borne at the ends of leafy branches, are somewhat drooping. The cherries ripen in August and September, are globular, very dark purple or black, about the size of a pea and have a sweet astringent taste that puckers the mouth. The outside layer of the bark should be removed, the green layer is then stripped off and carefully dried. Young thin bark is the best.

Properties—Wild Cherry Bark is sedative, pectoral, aromatic, bitter tonic, astringent. It is of excellent service in consumption, cough bronchitis, scrofula, heart palpitation, stomach atony, dyspepsia, hectic fever.

Dose—A teaspoonful of the inner bark to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.



WILD GERANIUM

(*Geranium Maculatum*, *Geranium* Family.)

Common Names—Dove's Foot, Crow Foot, Wild Alum Root, Spotted Geranium, Cranesbill.

Medicinal Part—The root.

Description—This plant has a perennial, horizontal, thick, rough, and knotty root, with many small fibres. The stems are grayish-green, erect, blossoms large, and generally purple, mostly in pairs. The Doves Foot, or Cranebill, which grows in England, is a different plant, bearing many small bright-red, flowers of five leaves apiece, though it possesses medicinal properties similar to the American varieties.

Geranium is a native of the United

States, growing in nearly all parts of it, in low grounds, open woods, etc., blossoming from April to June. The root is the officinal part. Its virtues are yielded to water and alcohol.

Properties and Uses—It is a powerful astringent, used in the second stage of dysentery, diarrhoea and cholera infantum; in infusion, with milk. Both internally and externally it may be used wherever astringents are indicated, in hemorrhages, indolent ulcers, aphthous sore mouth, ophthalmia, leucorrhoea, gleet, hematuria, menorrhagia, diabetes, and excessive chronic mucuous discharges; also to cure mercurial salivation. Relaxation of the uvula may be benefitted by gargling with a decoction of the root as well as aphthous ulceration of the mouth and throat. From its freedom from any nauseous or unpleasant qualities, it is well adapted to infants and persons with fastidious stomachs. In cases of bleeding piles, a strong decoction of the root should be injected into the rectum, and retained as long as possible. Troublesome epistaxis, or bleeding from the nose, wounds or small vessels, and from the extraction of teeth, and may be checked effectually by applying the powder to the bleeding orifice, and if possible, covering with a compress of cotton. With Aletri's Farinosa (Star Root) in decoction, and taken internally, it has proved of superior efficiency in diabetes, and in Bright's Diseases of the kidneys. A mixture or solution of two parts of hydrastis and one of geranium will be found of unrivalled efficacy in all chronic mucous diseases, as in gleet, leucorrhoea, ophthalmia, gastric affections, catarrh, and ulceration of the bladder, etc. A decoction of two parts of Geranium and one of Sanguinaria (Blood Root) forms an excellent injection for gleet and leucorrhoea.

Dose—Steep a teaspoonful of the root, cut into small pieces, into a cup of boiling water for half an hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Of the tincture $\frac{1}{2}$ to 1 fl. dr.

WILD EVENING PRIMROSE.

(*Oenothera Biennis*)

Common Names — Tree Primrose, Scurvish, Scabbish, Kings Cureall, Nightwillow Herb.

Parts Used—The entire plant.

Description—This is a coarse annual or biennial weed. Its flowers do not open until evening. Stem erect, stout,

1 to to 5 fet high, hairy and leafy. Leaves 1 to 6 inches long, lance-shaped, pointed at top, wavy toothed margin, narrowing at base. The spikes of yellow flowers bloom from June to October. The seed capsules are oblong and hairy, about an inch in length.

Properties—This plant has a somewhat astringent and mucilaginous taste. It has been used for coughs and asthmatic troubles. An ointment made therefrom has been found beneficial in skin affections.

Dose—A teaspoonful of the plant, cut small or granulated, to a cup of boiling wated. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.



WILD GINGER

(*Asarum Canadense*.)

Common Names—Canada Snake Root, Indian Ginger, Vermont Snake Root.

Medicinal Part—The root.

Description—The beautiful little plant may be found flowering in rich woods during April and May from Maine to Michigan, and southwards. It has two large heart-shaped leaves on long petioles from the base; deep green above and light below, soft woolly and handsomely veined. The flower is small, of a dull red color, on a weak short stem that barely raises it from the ground and often leaves it concealed by the dead leaves that carpet the woods.

Properties and Uses—Wild Ginger is an aromatic stimulant tonic and diaphoretic. Useful in colds, colic, amenorrhoea and pains in the stomach.

Dose—A teaspoonful of the granulated root to a pint of boiling water. Take two tablespoonfuls at a time as often as required; of the tincture, 2 to 5 min.

Address all orders direct to Joseph M. Meyer, Ind. Herb Gardens, P. O. Box 5, Hammond, Ind.

WILD HYSSOP

(Pychanthemum Virginicum.)

Common Names—Prairie Hyssop, Virginia Thyme.**Medicinal Part**—The plant.**Description**—This pubescent plant has a simple stem, growing from one to two feet high. The leaves are sessile, entire, and linear; flowers are white, and fruit and achenium.

It is found in low grounds, dry hills, and plains from Ohio and Illinois, extending southward, and flowering in July and August. The whole plant is used, and has the taste and odor peculiar to the mint family.

Properties and Uses—It is diaphoretic, stimulant, antispasmodic, carminative and tonic. A warm infusion is very useful in puerperal, remittent and other forms of fever, coughs, colds, catarrhs, etc., and is also of much benefit in spasmodic diseases, especially colic, cramp of the stomach, and spasms of infants. The cold infusion is a good tonic and stimulant during convalescence from exhausting diseases. It forms a most certain remedy for catarrh when combined with other native and foreign herbs and roots.**Dose**—A teaspoonful of the plant to a cup of boiling water. Drink warm or cold one or two cupfuls a day, a large mouthful at a time; of the tincture, $\frac{1}{2}$ to 1 fl. dr.**WILD INDIGO**

(Baptista Tinctoria, Pea Family.)

Common Names—Rattle Bush, Horse fly Weed, Yellow Indigo.**Medicinal Part**—The bark of the root and leaves.**Description**—The blackish and woody root of this perennial plant sends up a stem which is very much branched,

round, smooth, and from two to three feet high. The leaves are small and alternate, leaflets rounded at their extremity; calyx four-cleft, and fruit a short, bluish-black legume.

This small shrub grows in dry places in many parts of the United States, and bears bright yellow flowers in July and August. The fruit is of a bluish-black color in the form of an oblong pod, and contains indigo, tannin, an acid, and baptisia. Any portion of the plant, when dried, yields a blue dye, which is, however, not equal in value to indigo. If the shoots are used after they acquire a green color they will cause drastic purgation. Alcohol or water will take up the active properties of this plant. Medicinally, both the root and the leaves are valuable, and deserve to be better known than they are at present as remedial agents. The virtues of the root reside chiefly in the bark.

Properties and Uses—It is purgative, emetic, astringent, and antiseptic. For its antiseptic qualities or properties it is more highly esteemed than for any other. A decoction of the bark of the root is efficacious in the cure of all kinds of external sores and ulcerations. It is used in decoction or syrup, for scarletina, typhus, and all cases where there is a tendency to putrescency. As a fomentation it is very useful in ulcers, tumors, sore nipples, etc.; and may be so used if you cannot get the superior remedy, Formula No. 1, Golden Seal Salve.

Dose—A teaspoonful of the bark of the root or the leaves, cut small, to a pint of boiling water. Take one teaspoonful at a time as required; of the tincture 2 to 5 min.

WILD JALAP

(*Convolvulus Panduratus*, Morning Glory Family).

Common Names—Man-in-the-earth, Man-in-the-ground, Wild Potato, Mechameck.

Medicinal Part—The Root.

Description—This has a perennial very large tapering root, from which arise several long, round, slender, purplish stems, from four to eight feet high. The leaves are cordate at base, alternate, and acuminate, and about two or three inches long. Flowers large and white, opening in the forenoon; fruit an oblong, two-celled capsule.

Wild Jalap belongs to the United States, and grows in light, sandy, soils. It flowers from June to August, but is rarely found in northern latitudes.

The root is the officinal part. Its best solvent is alcohol or spirits. Water will extract its active properties.

Properties and Uses—It is a cathartic if powdered and taken in doses of from forty to sixty grains. The infusion, taken in wineglassful doses every hour, is useful in dropsy, strangury, and calculous affections. It seems to exert an influence over the lungs, kidneys, liver, without excessive diuresis or catharsis. The milky juice of the root is said to be a protection against the bite of the rattlesnake.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

WILD COLUMBINE
(*Aquilegia Vulgaris*.)

Common Names—Rocky Mt. Columbine.

Part Used—The entire plant.

Description—Columbine is a perennial herbaceous plant, indigenous to the U. S. and cultivated in gardens for its ornamental flowers. The root, leaves and flowers have a disagreeable odor and a bitterish acrid taste. The seeds are small black, shining.

Properties and Uses—It is considered diuretic, diaphoretic, and antiscorbutic, and has been employed in jaundice, in small pox to promote eruption, in scurvy and externally as a vulnerary. In recent years it has not been much used in medicine.

Dose—Steep a teaspoonful of the granulated plant into a cup of boiling water for half hour, strain. Take a tablespoonful 3 to 6 times a day. Of the tincture 5 to 10 min.

WILD MAY FLOWER
(*Epigaea Repens*.)

Common Names—Gravel Plant, Trailing Arbutus, Ground Laurel.

Parts Used—The whole plant, especially leaves.

Description—This is a small trailing plant, with woody stems, from six to eighteen inches, which appear early in the spring. It is found in woods and sides of hills with northern exposure.

Properties and Uses—Mayflower has been used for many years by herbalists in diseases of the urinary organs and of the pelvic viscera in general, particularly of irritated action where *Uva Ursi* and *Buchu* are indicated. Mayflower has been given relief in many cases where these two have failed.

Dose—Steep a heaping teaspoonful of the whole plant, cut into small pieces, into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day, a good mouthful at a time. Of this tincture $\frac{1}{2}$ to 1 fl. Dr.

WILD MARJORAM

(*Origanum*.)

Parts Used—The herb.

Description—This is a perennial native herb growing 12 to 18 inches high; stem square, purplish, downy; leaves 1 inch long, ovate, entire, pellucid, punctate, hairy beneath; flowers pale purple, calyx 5-toothed, corolla two-lipped, 4 stamens.

Properties and Uses—Wild Marjoram has an aromatic, pungent bitter taste. It is carminative, stimulant, diaphoretic, and useful in dyspepsia, indigestion, nausea, colic, rheumatism, and neuralgia. The oil is much used in liniments.

Dose—One teaspoonful to a cup of boiling water. Drink cold, one or two cupfuls a day; tincture, 10 to 30 min.

WILD NIGGERHEAD

(*Brauneria Angustifolia*.) •

Common Names—Echinacea, Purple Cone Flower, Sampson Root, Kansas Niggerhead.

Part Used—The Root.

Description—Echinacea is a native herbaceous perennial belonging to the Aster family, grows 2 to 3 feet high. Stem stout bristly hairy, leaves thick rough-hairy, broadly lanceshaped or linear lanceshaped entire, 3 to 8 inches long, narrowed at the end and strongly, three nerved. The flower heads appear from July to October. The color varies from whitish rose to pale purple.

Properties and Uses—Echinacea is considered an excellent alterative and is a favorite ingredient of numerous blood purifiers; it is also of use to promote perspiration.

Dose—Steep a teaspoonful of the granulated root into a cup of boiling water for half hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the tincture, 5 to 10 min.

WILD OREGON GRAPE

(*Berberis Aquifolium*.)

Common Names—Rocky Mountain Grape, Oregon Grape, Trailing Mahonia, California Barberry.

Parts Used—Rhizome and roots.

Description—Oregon Grape is a low trailing glabrous shrub, leaves petiolate, pinnate, leaflets 3 to 7, ovate acute, cordate at base, sessile, thick, dentate with spine-bearing teeth; flowers April to May, yellow racemes, fruit globular

berry, blue, resembling the Whortle Berry. Rhizome irregular, knotty, wood yellowish, hard, tough, bark brownish; taste bitter.

Properties and Uses—Oregon Grape is alterative, antisyphilitic, diuretic, antiperiodic, tonic, laxative. Very useful in scrofulous, syphilitic and chronic skin diseases as psoriasis, eczema and chronic uterine diseases, atonic dyspepsia, constipation, chronic hepatitis.

Dose—Steep a teaspoonful of the granulated root into a cup of boiling water for half hour, strain. Take a tablespoonful 3 to 6 times a day. Of the tincture 5 to 10 min.

WILD SOAPWORT

(Saponaria.)

Common Names—Bouncing Bet, Dog Cloves.

Parts Used—The root and leaves.

Description—Soapwort is a perennial herbaceous plant, growing wild in this country, probably introduced from Europe. It is one to two feet high, smooth stem, leaves lanceolate, flowers in clusters varying in color from white to pink and purplish white. They appear from July to August. The leaves and root are inodorous and of a bitterish taste, at first becoming somewhat sweetish and pungent after a while. They impart to water the property of forming a lather, when agitated, like a solution of soap. The active principle is Saponin. An infusion of the leaves has been used by old herbalists for gonorrhoea and venereal and scrofulous affections. It is considered an excellent alterative. It should however be taken with moderation. As a substitute for soap in shampoo compounds it is excellent.

Dose—Steep a teaspoonful of the root or leaves into a cup of boiling water for half hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the tincture 5 to 10 min.

WILD STRAWBERRY

(Fragaria Virginia.)

Parts Used—The herb.

Description—Wild Strawberry is so well known in the U. S. it requires no description.

Properties—Strawberry herb is astringent and tonic and valuable as a tonic for convalescents and especially for children having bowel and bladder weakness.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold 1 or 2 cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fl. dr.



VIOLET

T

WILD VIOLETS.

Parts Used—The flowers and leaves.

Description—Violets are too well known to require a description.

Properties and Uses—Violets are alterative and expectorant. Useful in skin diseases, scrofula, syphilis and bronchitis.

Dose—Steep a teaspoonful of the leaves or flowers into a cup of boiling water for half hour, strain. Take a tablespoonful 3 to 6 times a day. Of the tincture 5 to 10 min.

WILD YAM

(*Dioscorea Villosa*, Yam Family).

Common Names—Colic Root, Rheumatism Root.

Medicinal Part—The root.

Description—This is a delicate twining vine, with a perennial root. From this root proceeds a smoot, wooly, reddish-brown stem, the sixth of an inch in diameter, and from five to fifteen or eighteen feet long. The leaves average from two to four inches in length and about three-quarters of their length in width. They are glabrous on the upper surface, with soft hairs on the lower. The flowers are of a pale-greenish color, and are very small. The seeds are one or two in each cell, and flat.

There are several species of the Yam Root which grow in the South, and which the natives eat as we do potatoes, but these are not medicinally like the *Dioscorea Villosa*, which I have described above, and which is a slender vine growing wild in the United States and Canada, and found running over

bushes and fences, and twining about the growths in thickets and hedges. The farther south we go the more prolific it is. It flowers in June and July. The root, which is the part used, is long, branched, crooked, and woody. From this is made a preparation called Dioscorein, or Dioscorin, which contains all its active qualities.

Properties and Uses—Antispasmodic. Half a pint of the decoction has been used in almost innumerable cases of bilious colic, with great good effect; the same is also employed for spasm of the bowels, and to allay violent nausea; especially however, the unaccountable nausea of pregnant women. Dioscorein possesses the properties of the crude root in a marvellous degree. I use it mainly for bilious colic; it is the very best relief and promptest cure now known. I also give it in some forms of uterine diseases (always, however, combined with other material of a similarly excellent character), but my use of it is chiefly for bilious colic, and for this I commend it to the public.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture 5 to 20 min.

Formula No. 33. Herbs \$1 box

Gall Stones Remedy—For many years we have had requests for a good remedy for gall stones. After giving a thorough trial to a large number of roots and herbs that are known to be of value in gall stones, we have finally compounded a formula which embodies the most valuable of these roots and herbs and which had given universal satisfaction. It is our sincere belief that money could not produce a better formula than the one given herewith for this particular ailment:

- 1 teaspoonful of Buck Thorn Bark.
- 4 teaspoonfuls Sweet Weed.
- 2 teaspoonfuls Waywort.
- 10 teaspoonfuls Thoroughwort.
- 1 teaspoonful Elm Bark.

Directions—Place from 2 to 6 heaping teaspoonfuls of this herb mixture in a pint of boiling water. Let it stand on the back of the stove for one-half hour. Strain and when cold drink 3 or 4 tablespoonfuls 2 or 3 times daily. Some persons get best results by making the tea with 2 heaping teaspoonfuls of the mixture. Very severe cases, however, require from 4 to 6 teaspoonfuls. The tea may be sweetened to taste with honey

WILD BULL NETTLE

(Solanum Carolinense).

Common Names—Bull Nettle, Band Brier, Horse Nettle, Sand Brier.**Medicinal Part**—The root and dried berries and leaves.**Description**—Bull Nettle is a native perennial common on dry fields and sandy or gravelly banks of rivers and lakes. It is rough, hairy, about 1 ft. high, with ovate-oblong or sinuate-lobed leaves; yellowish prickles, and pale blue or white flowers about one inch wide.**Properties and Uses**—The root of Bull Nettle is the most used. It is anodyne, diuretic, and aphrodisiac. Useful in epilepsy, fits, blood impurities, kidney and bladder troubles.**Dose**—Steep a teaspoonful of the root into a cup of boiling water for half an hour. Drink a half cupful at night upon retiring, hot or cold—or take a mouthful 3 times a day. 1 or 2 cupfuls may be taken. Tincture— $\frac{1}{2}$ to 1 fl. dr.**WITCH GRASS**

(Agropyron Repens).

Common Names—Quick Grass, Dog Grass, Couch Grass, Triticum, Durfa Grass.**Medicinal Part**—The Rootstock.**Description**—Witchgrass is a perennial plant, rather coarse, 1 to 3 feet high and when in flower much resembles rye or beardless wheat. The pale yellow, smooth rootstock is long, tough and jointed, creeping along underneath the ground and pushing in every direction. It should be collected in spring carefully cleaned and dried.



Properties and Uses—Witchgrass is diuretic, aperient, demulcent and vulnerary. Useful in Cystitis, irritable bladder, gravel, jaundice, bronchitis, skin diseases, gout; it relieves thirst and allays fever, promotes urination. Large and frequent doses are considered a blood purifier. May be used freely.

Dose—Steep a heaping teaspoonful of the rootstock, cut into small pieces, into a cup of boiling water for half an hour. When cold drink 1 or 2 cupfuls a day; a good mouthful at a time. Tincture 1 to 4 fl. dr.

For Fevers of All Kinds—Take a cupful of the dry herb Thoroughwort and 1 cupful of Sweet Balm. Place in a quart of water and boil a few minutes. Strain and drink as hot as possible one-half to one cupful at a time.

Kidney and Bladder Trouble—Take 4 teaspoonfuls Horsetail Grass and 4 teaspoonfuls of Kidney Wort. Place into a pint of water and boil down to $\frac{1}{2}$ pint. Drink about $\frac{1}{2}$ cupful upon retiring at night.

Paralysis—"Place a teaspoonful of Hops into a pint of boiling water. Strain thoroughly and let it cool and drink a cupful during the day time." Writes Miss Annie N. L., Richmond, Ind.

Syphilis—Take a cupful or handful of the root of Rattle Top. Place in one gallon of water and boil down to $\frac{1}{2}$ gallon. Drink a wineglassful 3 times a day. This is said to have cured cases where prominent doctors have failed.

Consumption—"Take 2 quart of Mullein Leaves picked from stalks that have never bloomed. Place in a stewpan and pour on enough water to cover them. Let simmer until the strength is all out of the leaves. Then strain and add a cup of brown sugar and simmer again until syrup is formed. Then add a pint of Jamaica Rum. Take a tablespoonful of this 3 times a day and whenever obliged to cough." Writes E. T., St. Louis, Mo.

WITCH HAZEL

(*Hamamelis Virginica*, Witch Hazel Family.)

Common Names—Winterbloom, Snapping Hazelnut, Spotted Alders.

Medicinal Parts—The bark and leaves.

Description—Witch Hazel is an indigenous shrub consisting of several crooked branching stems, from the same root, from four to six inches in diameter and ten to twelve feet high, covered with a smooth gray bark. The leaves are on short petioles, alternate, oval or obovate; flowers yellow; calyx small, petals four, and the fruit a nut-like capsule or pod.

It grows in damp woods, in nearly all parts of the United States, flowering from September to November, when the leaves are falling and maturing its seeds the next summer. The bark and leaves are the parts used in medicine. They possess a degree of fragrance, and when chewed are at first somewhat bitter, very sensibly astringent, and leave a pungent, sweetish taste, which remains for a considerable time. Water extracts their virtues. The shoots are used as divining rods to discover water and metals under ground by certain adepts in the occult arts.

Properties and Uses—It is tonic, astringent and sedative. A decoction of the bark is very useful in hemoptysis, hematemesis and other hemorrhages or bleeding discharges, as well as in diarrhoea, dysentery and excessive mucous discharges. It is employed with great advantage in incipient phthisis or consumption, in which it is supposed to unite anodyne influences with its others.

The Indians used it in the form of poultice, in external inflammations, swellings and all tumors of a painful character.

The tea may be advantageously used as a wash or injection for sore mouth, painful tumors, external inflammations, bowel complaints, prolapsus ani and uteri, leucorrhoea, gleet and ophthalmia.

An ointment made with lard, and a decoction of white-oak bark, apple-tree bark, and witch-hazel, is a very valuable remedy for hemorrhoids or piles.

Dose—A teaspoonful of the bark or leaves, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

Send all orders and special offers direct to Joseph E. Meyer, Ind. Herb Gardens, P. O. Box 5, Hammond, Ind.

**WOODRUFF**

(Asperula Odorata).

Common Names—Sweet Woodruff. ---**Medicinal Part**—The whole herb.

Description—Woodruff is a favorite little plant, growing commonly in our woods and gardens, with a pleasant smell, which like the good deeds of the worthiest persons, delights by its fragrance most after it has been dried. This herb is of the Rubiaceous order, and gets its botanical name from the Latin asper, rough, in allusion to the rough leaves possessed by its species.

It may be readily recognized by its small white flowers set on a slender stalk with narrow leaves growing round it in successive whorls, just as in the Cleaver (Goosegrass) which belongs to the same order.

Properties and Uses—A fragrant and exhilarating tea may be made from the leaves and blossoms of the Sweet Woodruff, and this is found to be of service in correcting sluggishness of the liver. "When it is desired," says Mrs. Jones, "to preserve the leaves merely for their scent, the stems should be cut through just below and above a joint, and the leaves pressed in such a way as not to destroy their star-like arrangement. The dried herb may be kept amongst the linen, like lavender to preserve it from insects.

It is also of value as a blood purifier and to aid digestion. A small handful of the dried herb if placed into a gallon

of wine or liquor of any kind for 4 to 6 hours, imparts to it a very fine flavor.

Dose—A teaspoonful of the herb to a cup of boiling water. Drink cold one or two cupfuls a day, a large mouthful at a time; of the tincture $\frac{1}{2}$ to 1 fluid dr.



WOOD SORREL.

(*Oxalis Acetoselia*, Wood Sorrel Family.)

Common Names—Shamrock, Treefoil.

Medicinal Part—The whole herb.

Description—This is a small perennial herb, with a creeping and scaly-toothed root stock. The leaves are numerous, radical and on long, weak, hairy stalks; leaflets broadly obcordate, and of yellowish green color. Flowers white, yellowish at the base and scentless. Fruit a five-lobed, oblong capsule.

It is indigenous to Europe and this country, growing in woody and shady places, and flowering from April to June. It is inodorous, and has a pleasantly acid taste. The acidity is due to oxalic acid, which, in combination with potassa, forms the binoxolate of that alkali. The "Salts of Sorrel," formerly used so much to remove inkspots and iron marks from linen, is merely this salt separated from the plant.

Properties and Uses—Cooling and diuretic; useful in febrile diseases, hemorrhages, gonorrhoea, chronic catarrh, urinary affections, scurvy, etc. Care is to be observed in its use.

Dose—A teaspoonful of the herb, cut small or granulated, to a cup of boiling water. Drink cold one cupful during the day, a large mouthful at a time; of the tincture, 10 to 30 min.

Rumex Acetosa, or Garden Sorrel,

Rumex Acetosella or Sheep Sorrel, and *Rumex Vesicarius* possess similar qualities.

WOOD ANEMONE

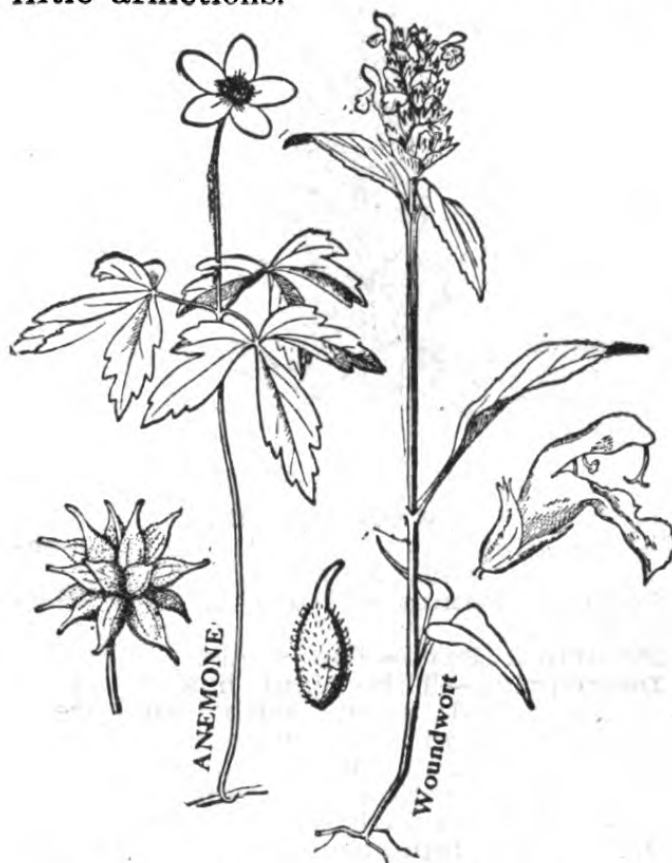
(*Anemone Quinquefolia*.)

Common Name—Wind Flower.

Medicinal Part—The whole herb.

Description—This is an exceedingly delicate looking plant, common in our woods. The slender stem is from 4 to 8 inches high. The solitary flower is white inside and purplish on the outer surface.

Properties and Uses—A tea of the plant, one teaspoonful to a cup of boil-water is of value as an external application for scald head, ulcers and syphilitic affections.



WOUND WORT

(*Prunella Vulgaris*, Mint Family.)

Common Names—Hercules Wound Wort, Panay, All Heal, Brownwort, Sickie Wort, Blue Curls, Self Heal.

Medicinal Part—The whole herb.

Description—This plant is 1 to 3 feet high with a downy, bristly stem and purple two-lipped flowers in terminal spikes.

This plant is found in the United States and England and other parts of Europe. In the U. S. it flowers usually

until the end of summer, but in some parts of Europe it flowers from May to December.

Properties and Uses—Wound Wort is a pungent and bitter tonic and antispasmodic. It has also vermifuge properties, and is slightly diuretic. It is excellent for cramps, fits, falling sickness, convulsions, etc. (inferior, however, to Blue Vervain). In obstructions of the liver it serves a good purpose.

Dose—A teaspoonful of the herb is placed in a pint of good brandy or whiskey for a few days. Two tablespoonfuls of this is taken during the day or when needed.



WORMSEED.

WORMSEED

(*Chenopodium Anthelminticum*, Goose-foot Family).

Common Names—Jerusalem Oak, *Chenopodium*.

Medicinal Part—The seeds.

Description—This plant has a perennial branched root, with an erect, herbaceous stem, from one to three feet high. The leaves are alternate, oblong-lanceolate, of yellowish green color, and marked beneath with small resinous particles. The numerous flowers are of the same color as the leaves. Seeds solitary and lenticular.

This plant grows in waste places in almost all parts of the United States, flowering from July to September, and ripening its seeds throughout the fall, at which time they should be collected. The whole plant has a disagreeable odor, and the seeds partake of the same odor.

Properties and Uses—Anthelmintic and antispasmodic. Excellent to expel the lumbrici from children. The oil is the best form of administration, which

may be given in doses of four to eight drops on sugar. The infusion with milk is also given often in wineglassful doses.

Dose—A teaspoonful of the seeds mixed with honey to be given twice a day and to be followed with a good laxative

WORM ROOT TREE

(Melia Azedarach).

Common Names—Pride of China, Pride of India, Bead tree.

Medicinal Part—The bark of the root.

Description—This is an elegant tree, which attains the height of thirty or forty feet, with a trunk about a foot and half in diameter. The bark is rough; leaves bipinnate, flowers lilac color; calyx five parted; corolla has five petals; stamens deep violet, anthers yellow. The fruit is a five-celled bony nut.

It is a native of China, but cultivated in the warm climates of Europe and America. It does not grow to any extent north of Virginia, and flowers early in the spring. Its name of Bead Tree is derived from the use to which its hard nuts are put in Roman Catholic countries, viz., for making rosaries. The recent bark of the root is the most active part for medicinal purposes. It has a disagreeably bitter taste, and a very unpleasant odor, and imparts its properties to boiling water.

Properties and Uses—The bark is anthelmintic, and in large doses narcotic and emetic. It is useful in worm fevers and in infantile remittents, in which, although worms are absent, yet the symptoms are similar to those accompanying the presence of worms.

The fruit is somewhat saccharine, and is an excellent remedy to expel worms. Its pulp is used as an ointment for destroying lice and other ectozoa, as well as in treatment of scald head and other diseases of the scalp. The oil of the nuts is useful as a local application in rheumatism, cramps, obstinate ulcers, etc.

Dose—Of the powdered bark, twenty grains; of the decoction (which is the best form for administration—two ounces of the bark to a pint of water, and boiled down to a half pint), a tablespoonful every one, two or three hours, till the desired effect is obtained.

A tea made by steeping 3 tablespoonfuls of Formula No. 99 Calumet Laxative Compound into a cup of boiling water, should be taken upon retiring at night after taking this tea for worms.

WORMWOOD

(*Artemisia Absinthium*, Aster Family.)

Common Name—Absinth.

Medicinal Parts—The tops and leaves.

Description—This is a perennial plant, with a woody root, branched at the crown, and having numerous fibres below. The whole herb is covered with close silk hoariness; the stems are numerous, bushy, and from one to two feet in height. Their lower part exists for some years, from which young shoots spring forth every year, decaying in cold weather. The leaves are alternate, broadish and blunted, the lower ones on long petioles, upper ones on shorter, broader, and somewhat winged ones.

Wormwood grows nearly all over the world, from the United States to Siberia. It flowers from June to September. The tops and leaves are the part used. The dried herb, with the flowers, has a whitish gray appearance, a strong, aromatic odor, and is extremely bitter to the taste. Alcohol or water takes up its active principles. It yields what is known to druggists as absinthine.

Properties and Uses—It is anthelmintic, tonic and narcotic. It is used for many diseases, among which may be enumerated intermittent fever, jaundice, worms, want of appetite, amenorrhoea, chronic leucorrhoea, obstinate diarrhoea, etc. It is also used externally in country places as a fomentation for sprains, bruises and local inflammations. Taken too often, or in large quantities, it will irritate the stomach, and dangerously increase the action of the heart and arteries.

Dose—A teaspoonful of the tops and leaves, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 30 min.

YELLOW BEAR'S FOOT.

(*Polymnia Uvedalia*, Aster Family.)

Common Names — Yellow Leafcup, Uvedalia, Bearsfoot.

Part Used—Root.

Description—This is a large, native, perennial, 3 to 6 feet high, growing in ravines and edges of woods from New York to Michigan, south to Florida and Texas.

Properties and Uses—The root is valuable in rheumatic and arthritis, lumbago, sciatica, rheumatic fever, malaria, etc.

Dose—One teaspoonful of the granu-

lated root to a cup of boiling water. Drink cold one cupful a day, a large mouthful at a time; tincture, 3 to 5 min.

YELLOW CHIRETTA

(Swertia Chirayita).

Medicinal Part—The dried plant. ----

Description—Chiretta is an annual plant of Northern India, with smooth stem about 3 feet high, yellowish, with numerous opposite ascending branches. Wood yellowish, thin, yellowish pitch. Leaves opposite, sessile, ovate-lanceolate, entire, 5 nerved about 2½ in. long; flowers small, panicled. Fruit a one-celled ovoid, acute capsule containing numerous seeds. Should be collected when in flower.

Properties and Uses—Chiretta is tonic, febrifuge, stomachic, laxative, large doses nauseate. Very useful in liver affections, costiveness, dyspepsia, debility; intermittents and bronchitis.

Dose—Steep a teaspoonful of the granulated plant into a cupful of boiling water for half an hour. Strain. Take a tablespoonful 3 to 6 times a day. Of the tincture 5 to 10 min.



YELLOW DOCK

YELLOW DOCK

(Rumex Crispus, Buckwheat Family.)

Common Names—Curled Dock, Narrow Dock, Sour Dock, Rumex.

Medicinal Part—The root.

Description—There are four varieties of Dock which may be used in medicine; the Rumex Aquaticus (Great Water Dock); Rumex Britannica (Water Dock); Rumex Abtusifolius (Blunt Leaved Dock); and the Rumex Crispus or Yellow Dock. They all possess similar medicinal qualities, but the Yellow Dock is the only one entitled to extensive consideration. It has a deep spindle-shaped yellow root, with a stem two or three feet high. The leaves are lan'

ceolate, acute, and of a light green color. The flowers are numerous, pale green, drooping and interspersed with leaves below. The fruit is a nut contracted at each end.

The Docks are natives of Europe, excepting the blunt-leaved, which is indigenous, but they have all been introduced into the United States. Yellow Dock grows in cultivated grounds, waste grounds, about rubbish, etc., flowering in June and July. The root has scarcely any odor, but an astringent bitter taste, and yields its virtues to water and alcohol.

Properties and Uses—Yellow Dock is an alterative, tonic and detergent and eminently useful in scorbutic, cutaneous, scrofulous, cancerous and syphilitic affections, leprosy, elephantiasis, etc. For all impurities of the blood it has no equal, especially if properly compounded with appropriate adjuncts and corrigents. The fresh root bruised in cream, lard or butter, forms a good ointment for various affections. This admirable alterative is one of the ingredients of our Blood Purifier, Formula No. 600, in which it is associated with other eminent alteratives, making the compound worthy of the reputation it has achieved.

Dose—Steep a heaping teaspoonful of this root, cut into small pieces, into a cup of boiling water for half hour. When cold drink 1 or 2 cupfuls a day, a good mouthful at a time. Of the tincture, $\frac{1}{2}$ to 1 fl. dr.

YELLOW JESSAMINE

(*Gelsemium Sempervirens*, Logania Family.)

Common Names—Gelsemin, Wild Jessamine, Woodbine.

Medicinal Part—The root.

Description—This plant has a twining, smooth, glabrous stem, with opposite, perennial, lanceolate, entire leaves, which are dark green above and pale beneath. The flowers are yellow and have an agreeable odor. Calyx is very small, with five sepals, corolla funnel-shaped, stamens five, pistils two, and the fruit a two-celled capsule.

Yellow Jessamine abounds throughout the southern states, growing luxuriantly, and climbing from tree to tree, forming an agreeable shade. It is cultivated as an ornamental vine, and flowers from March to May. The root yields its virtues to water and alcohol. Gelsemin is its active principle. It also contains a fixed oil, acrid resin, yellow coloring matter, a heavy volatile oil, a crystal-

line substance, and salts of potassa, lime magnesia, iron and silica.

Properties and Uses—It is an unrivalled febrifuge, possessing relaxing and antispasmodic properties. It is efficacious in nervous and bilious headache, colds, pneumonia, hemorrhages, leucorrhoea, ague-cake, but especially in all kinds of fevers, quieting all nervous irritability, and retifying the various secretions, without causing nausea, vomiting and purging, and is adapted to any stage of the disease. It may follow any preceding treatment with safety. Its effects are clouded vision, double-sightedness, or even complete prostra-



YELLOW JESSAMINE

tion, and inability to open the eyes. These, however, pass completely off in a few hours, leaving the patient refreshed and completely restored. When the effects are induced no more of the remedy is required. It is also of great service in various cardiac diseases, spermatorrhoea, and other genital diseases; but its use should be confined entirely to the advice of the physician.

Dose—Steep a level teaspoonful of the root into a pint of boiling water for a half hour. Strain. When cold take a teaspoonful 3 to 6 times a day. Of the tincture, 1 to 3 min.

YELLOW PARILLA

(*Menispermum Canadense*, Moonseed Family.)

Common Names—Vine-Maple, Moonseed.

Medicinal Part—The root.

Description—This plant has a perennial, horizontal, very long woody root of a beautiful yellow color. The stem

is round and climbing, and about a foot in length. The leaves are roundish, cordate, peltate, smooth, glaucous green above, paler below, entire, and four or five inches in diameter. The flowers are in clusters, and are small and yellow. The fruit, a drupe, is about the third of an inch in diameter, and one-seeded.

Yellow Parilla grows in moist woods and hedges, and near streams, from Canada to Carolina, and west to the Mississippi. It flowers in July. The root, which is the part used, has a bitter, lasting, but not unpleasant acrid taste, and yields its virtues to water and alcohol. It is called, not without justice, American Sarsaparilla, and its active principle, known as menisperm, shows that it might have received a name less expressive of its merits.

Properties and Uses—The authors of herbalist dispensaries have set down Yellow Parilla as "tonic, laxative, alterative and diuretic," and it seems to possess all these qualities. Every plant of medicinal value, however, possesses one virtue which is paramount to all others. Yellow Parilla is essentially and particularly anti-syphilitic, anti-scorfulous, anti-scorbutic, and anti-mercurial. As a purifier of the blood, it is equal to the imported sarsaparilla as we get the latter, and its active principle, menisperm, may be used with great good effect in all diseases arising from either hereditary or acquired impurities of the system. It exerts its influence principally on the gastric and salivary glands, and is found expressly beneficial in cases of adhesive inflammation, and where it is found necessary to break up organized deposits, and hasten disintegration of tissue, a decoction of the plant may be used to advantage as an embrocation in gouty, rheumatic, and cutaneous affections. The dose of the menisperm is from one to four grains. When it produces vomiting reduce the dose.

Dose—A teaspoonful of the root, cut small or granulated, to a cup of boiling water. Drink cold, one cupful during the day, a large mouthful at a time; of the tincture, 5 to 20 min.

Rheumatism—Make a tea by steeping a half cupful of Wild Clover and a half cupful of Virginia Snake Root in a quart of boiling water. Add a little lemon juice and a half pint bottled in bond whiskey. Take a tablespoonful three to six times a day. Relief is sure to follow.

**YELLOW TOAD FLAX**

(Antirrhinum Linaria.)

Common Names—Toad Flax, Snap Dragon, Butter and Eggs.

Part Used—The herb.

Description—Toad flax is a perennial herbaceous plant from 1 to 2 feet high, with numerous narrow linear leaves and a terminal crowded spike of large, yellow flowers. It is a native of Europe but has been introduced into this country and grows wild in great abundance along road sides and in fields and meadows throughout the middle states. It is readily distinguishable by the shape of its leaf, and its conspicuous yellow flowers, which appear in succession from June to October. The herb is the part used. It should be collected when in flower, dried quickly and kept excluded from the air. When fresh it has a peculiar, heavy, rather disagreeable odor, which is in a great measure dissipated by drying. The taste is herbaceous, weakly saline, bitter and slightly acrid.

Properties and Uses—This plant is said to be diuretic, and cathartic, and has been used in dropsy, jaundice, and cutaneous eruptions. It is most conveniently employed in infusion. The fresh plant is sometimes applied in the shape of poultice or fomentation, to hemorrhoidal tumors; and an ointment made from the flowers has been employed for the same purpose and also

locally in diseases of the skin. The flowers are used in Germany for dyeing yellow.

YERBA SANTA

(*Eriodictyon Californicum*).

Common Names—Mountain Balm, Consumptives' Weed, Tarweed, Bearsweed, Holy Herb.

Medicinal Part—The leaves.

Description—This evergreen shrub is a member of the Waterleaf family, 3' to 4 feet high. Stem smooth but exudes a gummy substance. The leaves are glutinous, 3 to 4 inches in length, alternately on stem, oblong, or oval, lance-shaped, narrowing gradually to a short, stalk; margins toothed except at base; upper surface smooth with depressed veins; the under side contains a network of prominent veins and is covered with a resinous substance making them appear as if varnished. Flowers whitish or pale blue in clusters at top of plant. The seed capsule is oval, greyish brown and contains small reddish brown shriveled seeds.

Properties and Uses—Yerba Santa is an excellent expectorant and valuable in asthma and throat and bronchial troubles. It is also used as a tonic. It has an aromatic odor and sweetish balsamic taste.

Dose—Steep a teaspoonful of the leaves into a cup of boiling water for half an hour. Drink a half cupful at night upon retiring hot or cold—or take a mouthful 3 times a day. 1 or 2 cupfuls may be taken. Tincture 10 to 30 min.

ZEА MAYS.

Common Name—Corn Silk, Indian Corn.

Parts Used—The fresh styles and stigmas.

Description—Indian Corn or Zea Mays needs no description as it is familiar to every American family.

The stalk or styles and stigmas must be picked before it becomes dry; then carefully dried and kept in a closed vessel to prevent evaporation of the oils upon which depend much of its medicinal virtue.

Properties—Corn silk is diuretic, lithotropic, demulcent, anodyne and alterative, very valuable in disorders of the genito urinary passages and bladder.

Dose—1 teaspoonful of the styles and stigmas to a pint of boiling water. Drink cold a mouthful 2 or 3 times a day, Tincture 2 to 5 min.

A MARVELOUS TREATMENT FOR THE HAIR.

Grey Hair First Sign of Old Age—

The coloring matter of the hair which exists in the cells of the outer two layers of the hair is eaten by cells from the innermost layer which have been kept in check by the vitality of the outer layer cells. As the body grows weaker these outer cells become weak and the inner cells grow in activity. After devouring the outer cells, causing gray hair, they attack the vital cells of the scalp and continue their destruction. These destructive cells are called "Machrophags." They are found in all parts of the body, and as the general health declines they become especially active in the walls of the arteries, causing old age and death. The process of course is very slow and hardly noticeable. As the body is kept young these cells are kept in check, therefore to ward off old age and grey hair, a tonic such as formula No. 999, should be taken.

**No. 999—Herbs, \$1.50. Tablets, \$1.
Liquid, \$1 bottle; 6 for \$5.**

Body Tonic Tea—The ingredients of this remarkable formula speak for themselves. The main ingredients as you will note are Gentian, Rocky Mountain Grape, Corn Silk and Ginger. These alone form a powerful tonic, and with the addition of the other ingredients I sincerely believe this combination the very best all-around tonic that money can produce.

- 10 parts Blue Gentian.
- 10 parts Rocky Mountain Grape.
- 10 parts Corn Silk.
- 10 parts Ginger.
- 5 parts Rheumatism.
- 5 parts Licorice Root.
- 2 parts Turtlebloom.
- 1 part Sacred Bark.
- 1 part Pale Cohosh.
- 1 part Golden Seal.
- 1 part Fennel Seed.
- 5 parts Way Wort.

Directions—Steep a heaping teaspoonful of these herbs in a cup of boiling water until it cools. Drink a few swallows during the day or take a cupful of the herbs and place into three pints of boiling water. Let stand until cool, strain and add a pint of best brandy or grain alcohol. Now add seven large new iron nails. These nails should be kept in the medicine until all is consumed, the longer the better, as they give off

the coloring matter required for healthy hair. Dose: One teaspoonful once or twice daily.

Strong soap is one of the chief causes of dandruff and falling out of hair. It drains the scalp and hair of the natural oil and the famished hair dry up and fall out. The best soap for the hair is Old English Castile soap. Castile shampoo may be used in place of the soap if desired. These articles, however, are not remedies for dandruff or falling hair. They are merely two harmless cleansers for the scalp and hair.

To promote the growth of hair we can highly recommend Great Marvel Hair food—it will produce a luxuriant growth of hair and replace the natural oil drained from the scalp and hair by the use of soap and too frequent washing. About a teaspoonful of this preparation is placed on a plate and the tips of the fingers only dipped in and rubbed into the scalp VERY GENTLY. It is very important to observe that this operation is to be performed only with the tips of the fingers very gently. Handle your hair as you would the finest silk—not as if it was a shoe-brush. Great Marvel is a FOOD for the scalp and roots of the hair. Price \$2.00 per ounce. It may be used once or twice a week.

No. 118—1-oz. bottle, \$2. Pint, \$25.

"Great Marvel" is an oleagenous compound of costly ingredients, possessing a most wonderful penetrating and nourishing power. Where ordinary hair-foods barely penetrate the scalp, this GREAT MARVEL penetrates to the very root of the hair and supplies the food elements and invigorating influence that causes a luxurious growth of hair. An ounce will last six months.

No. 406—Box, 50c.

Yucca Hair Grower—This preparation has long been used by the natives of Mexico and the Indians for cleansing and preserving the hair, but has been introduced to the public only a year or more ago.

Yellow Dock, 2 teaspoonfuls.

Yucca Root, 1 teaspoonful.

Blessed Thistle, 1 teaspoonful.

Salt, $\frac{1}{2}$ teaspoonful.

Steep 5 teaspoonfuls of the above mixed herbs in a pint of best alcohol for six days. Rub a tablespoonful into the roots of the hair once a day.

We pay the postage and send all goods by parcel post.

No. 75. Box 50c
Lilac Face Powder—Pink or flesh color or brunette. Delicately perfumed. No better powder could be made. Contains no chalk or any of the other harmful ingredients used in cheap powder.

Formula No. 40 —Large box, 50c.
Curling Liquid—For keeping the hair in curl. Take three tablespoonfuls of Quince Seed, one teaspoonful of the Herb Sweet Balm. Steep in a pint of hot water for three hours. Bottle, 50c.

No. 76—Large box, 50c.
Fattening Cream and Bust Developer—This will fill out hollow cheeks and fatten almost any part of your body if rubbed well into the skin. An excellent skin food and beautifier. Delightfully perfumed. Box, 50c.

No. 415—Box, 50c.
For Aching Feet—I was in doubt if you would care to insert this formula in your book, "The Herb Doctor." It certainly is good for swollen, aching feet. I am a traveling man and walk much. Have always suffered with my feet until a brother salesman put me next.

Formula: Bring a quart of water to boiling point, then add 12 tablespoonfuls of the following herbs:

Sweet Balm, 3 tablespoonfuls.
 Elder Flowers, 3 tablespoonfuls.
 Tetterwort, 3 tablespoonfuls.
 Low Mallow, 3 tablespoonfuls.

Continue to boil for 15 minutes, allow to cool; strain, then add a tablespoonful of powdered borax and one of alum. After bathing the feet in plain, hot water, dry them thoroughly and apply two tablespoonfuls of this preparation to the feet and rub well in.

A teacupful of grain alcohol may be added to the liquor to keep from souring.

For Rheumatism—Take four teaspoonfuls Wintergreen, two teaspoonfuls Curled Yellow Dock Root, steep in a pint of boiling water one-half hour. Dose—Two tablespoonfuls one hour before and after meals.

Cramp Colic—"Take 1 tablespoonful of granulated Cubeb Berries. Place in one-half pint of good whiskey; let stand for 5 hours. Dose, a tablespoonful as often as required. One tablespoonful is generally sufficient for the worst case of cramps." Writes A. F., Bloomfield,



Herb Voodooism—In these columns we will describe briefly the phenomenal properties attributed to the various herbs, roots and barks used by the herb witches, voodoos, fetich worshipers and medicine men and other superstitious tribesmen.

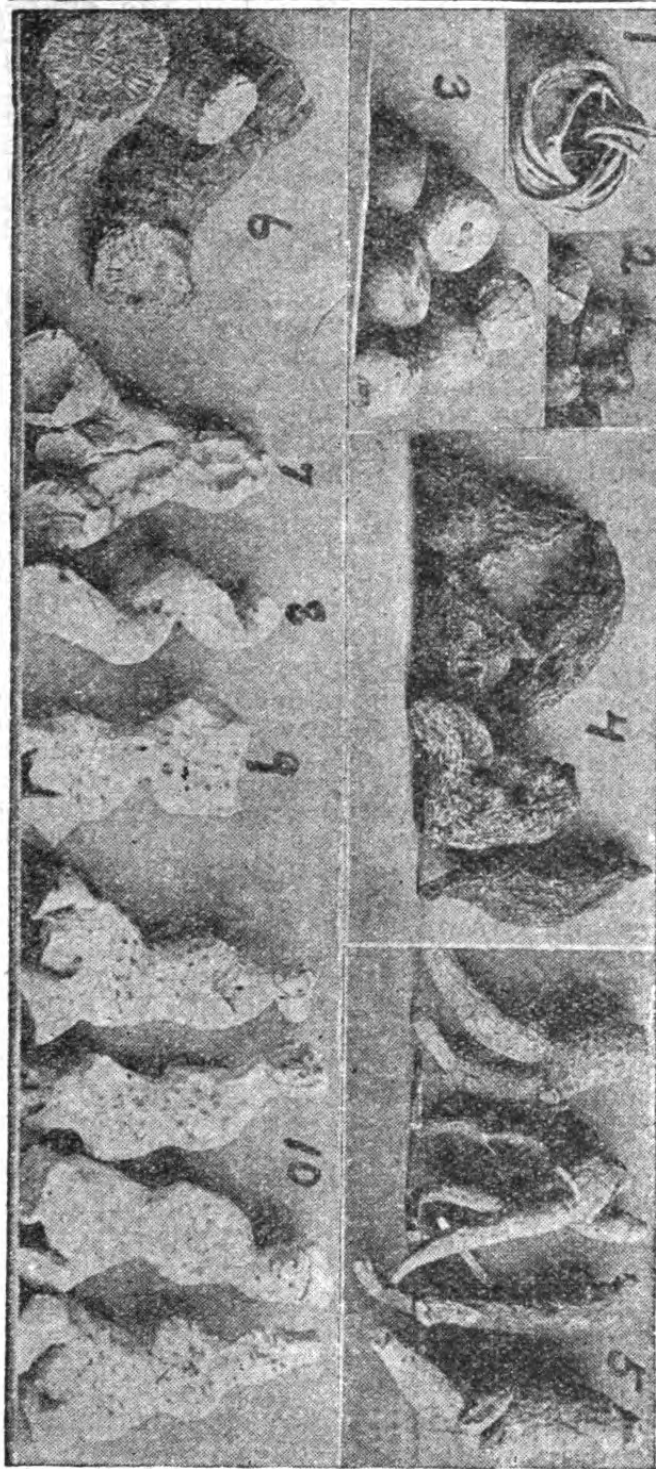
The writer wishes it understood that these articles are merely described and sold for their medicinal value and as curiosities and are not recommended for their evidently impossible magic properties. He is not of a superstitious nature himself and does not believe in magic of this brand.

QUEEN ELIZABETH ROOT.

This somewhat fragrant and aromatic root is held in high esteem by the colored folks of our southern states. It is claimed to answer all questions put to it. A white thread about 13 inches long is tied to one end of the root and it is then held suspended by the forefinger and thumb by the person desiring to have his wish fulfilled, and the magician or fakir will address the root in this manner: "Will the person standing before me have his wish fulfilled? If so, You Spirit of Queen Elizabeth will circle to the right; if not, you will remain motionless."

If the person holding the string is sufficiently determined to have his wish fulfilled and the root to circle to the right he will unconsciously move his fingers or the whole hand and the root will circle at first, slowly, then violently as it gains speed.

Gravitation, of course, is the supposed magic force. The circling movement being accelerated by the least movement or nervous twitching of the fingers or hand on the same principle of gravitation that forces the pendulum of a clock to swing back and forth



- No. 1—Devil Shoe String, 25c box.
 No. 2—Adam and Eve Root, 25c box.
 No. 3—Bethel Nuts, 25c box.
 No. 4—High John the Conqueror Rt.,
 No. 5—Sang Root, 50c each.
 No. 6—Jezabel Root, 50c each.
 Nos. 7, 8, 9—Queen Elizabeth Root,
 half female shape, \$2 each.
 No. 10—Illustrates four Queen Eliza-
 beth Roots having the whole female
 form. Price \$10 each.

Queen Elizabeth Root has the shape of the lower half of the female body. Occasionally a root is found that has the appearance to the entire female body. Such a root is highly prized and are generally sold for \$20 to \$50 each. We can furnish these roots—full form at \$10 each and half female form at \$2.00 each and other small similar shapes and broken roots for 25c each.

Jezabel Root—The root is named after the old and wicked Queen Jezabel of Bible times. It is highly prized by the women of the underworld. It is used in exactly the same way as Queen Elizabeth Root. Medicinally it is far more valuable than the latter. It is a most excellent remedy for Cystitis, calculous affections, chronic inflammation and ulceration of the kidneys, gonorrhoea, leucorrhoea, dropsy, rheumatism and bladder troubles. Price 50c each. This root is imported from Brazil, S. A.

QUEEN'S ROOT—There is a legend about a queen whose wish to become a mother was gratified by the use of a tea of this root which was recommended to her by an old gypsy. The root is now commonly called Queen's Delight or Queen Root. The tea is made by taking 1 teaspoonful each of Queen's Delight, Cheese Plant, Black Haw, Palmetto Berries and Cramp Bark to a quart of boiling water. Boil down to one pint. Dose, 1 teaspoonful 4 times daily. It is also carried around in the pockets by superstitious persons who believe it has the power to make them attractive to the opposite sex. Price 25c per box.

BUCKEYE—Also called Konker and Bongay Tree. The fruit of this tree is a hard nut and is carried around in the pocket to overcome and avoid rheumatism; also to bring good luck. Price 25c per box.

ALKANET ROOT—Used by ancient Greeks as a coloring agent for the lips and for coloring oils and powders. Price 25 cents.

ORRIS ROOT—This root is valued for its delightful violet odor. If placed in clothes closets and dresser drawers it imparts a distinct violet odor to the clothes. For this reason that root is also called "Love Root." Price 25c.

FIVE FINGER GRASS—This plant has a leaf divided into 5 segments which denote five fingers. By having one of these plants in the house or hung over the bedstead it will bring restful sleep and ward off any evil that

any five fingers could bring about. It is of very little medicinal value and sold only as a curiosity. Price 25c per box.

SUMBUL ROOT—This is a mysterious article valued most highly by colored people in the southern U. S. and Africa for its magic properties in warding off diseases and bringing good luck. The root is valued medicinally to quiet the nerves and in hysteria, epilepsy, asthma, gleet, etc. How it can have any magic properties is a mystery to us. The root is imported from Central and Northern Asia and is very scarce in this country. Price 25c per box.

ORIENTAL GUM—This is a gummy exudation of a species of Acacia tree is sold in the form of crystals, resembling yellow diamonds or cut glass. It is highly perfumed and useful in shampoo compounds in which it greatly improves the lather. Many persons carry it around in a small bag for its fine odor and to attract the attention of the opposite sex. It is often sold by fakirs as love powder. It has the advantage of being absolutely harmless if taken internally. Price 25 cents per box.

LESSER PERIWINKLE—Dr. Culpeper, an old English herbalist, writes of this herb as follows: "The leaves of Lesser Periwinkle, if eaten by man and wife together will cause love between them." Price 25c per box.

TONKA BEANS—These are used medicinally as flavoring agents. The natives of South America however carry them in a small bag around the neck for good luck and for their aromatic odor and to ward off diseases. Price 25 cents per box.

SACRED BARK—The most sacred of all the herbs used by the Indian medicine men. It formed one of the principal ingredients of the medicine bag. Modern physicians acknowledge this bark as one of the very best medicines revealed to us by the Indians. It is of excellent value in constipation, liver and bowel troubles. Price 25c per box.

Cummin Seed—This seed is said to attract animals, especially horses. The seeds are rubbed in the hand and the hand passed over the nose of the horse, which will become docile as a lamb and follow you around. A small amount is placed on sugar and given to a horse to eat, or placed on bait for catching wild animals. Price 25c.

Temple Incense—A combination of various highly aromatic herbs and seeds used by the ancients for temple worship; to quiet the mind and place it in a receptive mood for spiritual meditation. The incense is placed on a piece of burning charcoal or on a hot stove. Price 50c.

Master of the Wood Herb—This is an old German good luck talisman. The old Teutons carried a small amount of this herb with them in battle for good luck. In times of peace they placed a handful of the dried herb in a gallon of wine to impart to it a fine flavor. It is indeed excellent for this latter purpose. Try it. Let it remain 3 hours and strain. Price 25c.

Holy Sandal Wood—A large piece of this wood, about the size of a hand, is often carried around by the natives of Egypt and other parts of Asia for good luck. It is commonly known as Sacred Wood or Temple Wood—being used largely in the building of King Solomon's temple. Price 25c for large piece.

Waahoo Bark—Our frontiersmen and investigators noted that in numerous cases of illness the Indian medicine man would chant "Waahoo! Waahoo!" and then administer a tea of a bark collected by his squaw. The tea had been used so successfully that whites soon secured the secret and used it among themselves. It is now commonly known as Waahoo Bark by modern physicians and highly recommended in dyspepsia, torpid liver, constipation, dropsy and rheumatism. It is an excellent tonic, laxative and alterative. Price 25c.

Grains of Paradise—These grains, or rather seeds, are used medicinally as a stimulant to the generative organs and as a carminative. Many fakirs, however, attribute magic properties to these seeds too numerous and in some cases, too obscene, to mention. Price 25c.

The dose is one grain, upon awakening in the morning and upon retiring at night. A cup of hot water to be taken immediately after swallowing the grain.

Good Luck Herbs—This is a mixture of herbs comprising Master of the Woods, Holy Herb and others. They are carried in a small bag hung around the neck for good luck. They are very fragrant and impart a delightful odor to clothing and keep away moths and insects if hung among the clothing. Price 25c.

SANG ROOT—This is a popular Chinese root and used by them as a medicine and charm against all sorts of ailments and evil. The medicine is made by placing one teaspoonful of the root into a cup of boiling water. Boil for a few minutes and drink cold, a mouthful three to six times a day. It is known to be a good stomach tonic, but the Chinese use it for every ailment and pay high sums for it. Price 25c per box, or one whole root 50c.

LIFE-EVERLASTING—This plant is said to prolong life. A teaspoonful of the plant is placed in a cup of boiling water, and allowed to remain for a few minutes and the tea is then drunk before breakfast as hot as possible. The herb is held to be a charm against illness if carried on the person. Price 25c.

BETHEL NUT—This nut is chewed by the Hindoo fakirs for the purpose of increasing their spiritual and mental powers. In ancient times it was a common practice of East India dancing girls and temple girls to chew these nuts. They impart a red color to the saliva. Price 25 cents per box.

Note—The juice, however, must not be swallowed as it would cause distress and pain.

DEVIL'S SHOE STRING—This root is long and slender and somewhat resembles a shoe string. An old colored mammy explained to me that this root if placed around a baby's neck will drive the evil spirits away and stop it from crying, especially during teething period. Price 25c.

European John the Conqueror Root—To this root or rhizome has been attributed more wonderful and phenomenal properties than any other root or herb we ever heard of. It is believed by certain voodoos and high priests that a person carrying a piece of this root in his pocket will never be without money and can obtain anything he desires. He will always feel strong and powerful and have much luck. It is claimed by some of these superstitious fakirs that the root can make them invisible at wish. The only way that I can see how this could be done would be to dig a wagon-load of the root and crawl into it. A common haystack will serve the same purpose. Ridiculous as these claims are, there are millions who believe in them. The root is held in high esteem by the colored people. John the Conqueror Root

is a very valuable medicinal drug. It was known to the ancients as a vermifuge, being mentioned by Dioscorides, Galen, Pliny and Theophrastus. For tapeworm a teaspoonful of the root is steeped in a cup of boiling water for half an hour. Drink the cupful cold. It is advisable to fast one day before drinking the tea. Three or four hours after drinking the tea a strong cathartic should be used to clean out the bowels and the dead worm. The Formula No. 99, Laxative Compound, described on another page, may be used for this purpose if made double or triple strength.

We can furnish this imported European John the Conqueror Root at 25c per box, and large full grown roots at \$2.00 each. These are cleft shape or of the Indian Cross shape. Some fakirs charge as high as \$50.00 to \$75.00 for one of these. Our price is based merely on the trouble of finding a full grown root of this shape.

There have been numerous roots and pieces of bark sold by unscrupulous fakirs as John the Conqueror Root and because of this much confusion exists as to its real identity. The European is the only real John the Conqueror Root and has been so named as early as the middle ages.

HIGH JOHN THE CONQUEROR ROOT (American.)

This root is held in high esteem by a large class of people for its supposed magic properties, which should be the same as the European, and many think even more valuable. Medicinally it is classed as a very good cathartic. 1 teaspoonful of the root to a cup of water is the average dose. Price 25c.

Fish Bait—For catching fish in large quantities, take equal parts of the herb Loveage, Fennel Seed, Cummin Seed, Coriander Seed, Anise Seed and mix thoroughly. Directions—Steep 7 teaspoonfuls of this mixture in a cup of water on the back of the stove for one hour; strain; when cold put a few drops on any bait. Large box, 50c.

Lovine Herbs—This formula is printed merely as a curiosity. It is claimed by some that it will make others love and venerate the person having bathed in a decoction of the herbs Loveage and Sweet Balm. A tablespoonful of each of the herbs is stirred into the bath tub of warm water. It is said the odor or vapor emanating from the body after the bath has a pleasing and quieting

effect on everyone with whom the person comes in contact. The effects diminish after 10 hours and it is therefore recommended to be used every day. "Cleanliness" is undoubtedly the potent factor. Price, per box, Loveage, 25c; Sweet Balm, 25c.

Smellage Root—A slightly aromatic root, used with equal parts of Anise Seed, Foinugreek Seed and Coriander Seed, making bait for wild animals and for fish bait. A teaspoonful of each of the above are used to a cup of boiling water. After boiling two or three minutes the tea is strained. A few drops are placed on any kind of bait.

Holy Herb—An herb held sacred by the Indians for its remarkable value in asthma and lung troubles. A fragrant and very pleasant tea. 25c a box.

Adam and Eve Root—A pair of roots in one, named Adam and Eve. The upper one is Adam and the lower one Eve. Valued for its magic qualities in restoring vitality to the generative organs, also to bring back and hold the love of a husband, wife or sweetheart. Sold by us at 25c a box for its medicinal value in bladder and kidney troubles.

Sea Spirit—This is a most peculiar weed. It has no medicinal value and sold by us merely as a curiosity. It is placed in a bottle of water to which a small quantity of alcohol or borax has been added to keep it from fermenting, and placed on the table for good luck and as an abode for friendly spirits. Indeed, it has much the appearance of a ghost as it floats in the water. It is bluish, transparent and quite mystical in appearance. Box, 25c.

Dragons Blood is a spontaneous resinous exudation from the ripening fruit of a plant native of Borneo and Sumatra. It has for ages been used in magic and religious superstitious practices. It is generally burned as an incense. Price 25c in sticks, wrapped in native palm leaves just as we receive it from the Orient.

Crow Corn—A great remedy for dyspepsia, general debility, hysteria. A powerful tonic to the female generative organs. Also valuable in prolapsus or falling of the womb. Steep three teaspoonfuls of the crushed root in a pint of wine or whiskey. Dose—A teaspoonful three times a day.

OLD FORESTRY MAY WINE.

Take the stalks of ordinary Rhubarb, also known as wine plant, cut in pieces of one or two inches in length to fill a one-gallon jug or jar and add two pounds of white sugar, one pound of brown sugar and sufficient water to cover all. If convenient add a handful of dandelion flowers; they give the wine a fine flavor. Place in a warm room and cover with a board. Allow to remain four days, no longer. Then drain into a jug. Be sure to squeeze out all the juice from the Rhubarb. Pour all the liquor into the jug and throw the Rhubarb away. Tie up the mouth of the jug with a rag and place a flat stone on top. This excludes the air and allows the superfluous gas to escape without exploding the jug.

For the next three weeks add sweetened water sufficient to keep the jug brim full.

After the third week drain the liquor through a cloth into a clean jug and place in a cool cellar where the sunlight cannot strike it and let it stand for eight months. Be sure to have the jug covered so no air can get in.

If the Rhubarb is planted 4x3 feet one acre will accommodate 3,630 plants. A full grown plant will yield from two to five gallons first quality wine every year—one acre would therefore yield from 7,000 to 20,000 gallons of wine per year.

Figure the profit yourself, and remember Rhubarb has never failed a crop. It grows thicker and stronger each year.

Corn Whiskey Cordial—Mix one quart of yellow corn, one-third pint barley, one-third pint wheat, one-third pint rye; pound well or run through a coffee mill. Add a handful of hops and pour on two gallons of Old Forestry May Wine made as described on the foregoing pages. Let remain for seven days; drain, and it is ready.

If desired to make it extra strong, boil the above mentioned ingredients in a gallon of water until it is reduced to one quart, drain and add a pint of Bourbon and one gallon of the Rhubarb liquor, which we call Old Forestry May Wine.

After the eighth month drain through a cloth again and it is ready for use.

Tonic Bitters—For Dyspepsia, etc. To one gallon of Old Forestry May Wine add one ounce Comfrey Root, one ounce Solomon's Seal, one ounce Spikenard, half ounce Columbo Root, half

ounce Gentian Root, and half ounce Chamomile Flowers. Let it remain for sixty days; drain, and it is ready for use. Dose—A wineglassful once a day.

Ginger Wine—Steep one ounce of best ground ginger and the yellow rind of one lemon into one gallon of Old Forestry May Wine, for two to six hours (suit your taste). When done add one teaspoonful vanilla.

Elderberry Wine—To one gallon of Elderberries add two quarts cold water and two pounds of sugar. Mash and mix well; let remain in warm place for four days; drain, squeezing out all juice. Let stand eight days longer. Drain again and pour into a jug or keg and place in cellar. Let remain one year, and it is ready for use. If desired to improve the flavor, add a pinch of Cloves and All-Spice and a few leaves of the Herb "Master of the Woods." Let these remain only a few hours in the liquor.

Fruit Wine—Any fruit wine may be made by boiling one quart of the fruit with one pound of granulated sugar to a syrup and adding it to one gallon of Old Forestry May Wine.

IMITATION WHISKEY

Take 1 oz. Jamaica Ginger, 1 oz. Black Pepper. Place into one quart of water. Boil down to one pint. Strain and place in a one gallon jug. Add 3 quarts of cold water and one quart of best grain alcohol. To this may be added 1 teaspoonful of any of the following flavors.

If it is impossible to procure the grain alcohol, the imitation whiskey may be made from Old Forestry May Wine by the following method: Take 1 oz. of Jamaica Ginger and 1 oz. Black Pepper, add to 1 gallon of the Old Forestry May Wine. Then add 1 to 3 teaspoonfuls of any of the following flavors:

FLAVORS FOR WHISKEYS

Scotch	Rye	Punch
Malt	Irish	Bourbon

FLAVORS FOR RUM

Jamaica	Bay	Santa Cruz
Kingston	Punch	New England

FLAVORS FOR GINS

Holland	London Dock
Old Tom	Schiedam

FLAVORS FOR BRANDIES

Raisin	Apple	Blackberry
Cognac	Cherry	Champagne
Peach	Orange	California

Any of the flavors mentioned in this book may be purchased from the **Indiana Herb Gardens** at 50c per bottle.

DIRECTIONS FOR CORDIALS

Any of the following flavors may be added to the Old Forestry May Wine and it will be transformed into an excellent cordial. Take 1 to 3 teaspoonfuls of the flavor to each gallon of the wine.

If the May wine is not obtainable any sour wine may be substituted, but same should be sweetened to taste.

CORDIAL FLAVORS

Lemon	Creme de Menthe
Vanilla	Absynthe
Benedictin	Ginger
Kuemmell	Anisette

We can furnish any of the above Cordial Flavors at 50c per bottle.

DIRECTIONS FOR MEDICINAL BITTERS

Place a 25c size box of any of these roots and herbs in a gallon of Old Forestry May Wine. Let it stand 10 days and you have an excellent Bitters.

Black Haw and Cramp Bark, for Female Tonic.

Gentian Root, for appetizing bitters.

Wormwood Herb, for stomach bitters.

Celery Seed and Angelica, for nervousness.

Golden Seal and Gentian, for Tonic Bitters.

Blue Scullcap and Hops, for Nerves.

Sweet Flag and Boneset, for Malaria.

Wild Cherry Bark, for Coughs.

Hoarhound and Coltsfoot, for Lungs.

Star Root and Rky. Mt. Grape Rt., for Weak Men.

Any of these roots and herbs can be purchased from the **Indiana Herb Gardens, P. O. Box 5, Hammond, Indiana,** for 25c a box.

No. 26—Herbs, \$1 box. Liquid, \$1 bottle.

German Nerve Liquor—For nervous debility. A very fine remedy, highly prized for its soothing effect on the entire system. An excellent tonic.

Celery Seed (ground), 2 tablespoonfuls.

Mint Blossoms, 2 tablespoonfuls.

German Chamomile, 1 tablespoonful.

Steep a teaspoonful of these mixed herbs in a cup of hot water for 30 minutes. Drink during the day.

If it is desired to bottle this remedy, take 10 teaspoonfuls of these mixed herbs and steep in a bottle containing 1 pint water and * pint whiskey. Let it remain 7 days; strain. Dose—Two tablespoonfuls morning and evening.

MEDICINE IN HERB, TABLET AND LIQUID FORM.

Where no price is given for tablet or liquid form, it is an indication that we do not sell those particular formulas in any other but pure herb form.

Herb Teas—All of the numbered formulas we can furnish in the pure herb form at the price given. The herbs, roots, barks, flowers, etc., are mixed and are ready for use as a tea. Generally a teaspoonful of the mixed herbs is sufficient for one cup of boiling water. In some cases two or three teaspoonfuls are required to get results. A patient must use his own judgment and taste. A tea should never be so bitter that it cannot be swallowed with ease. If too strong, dilute with water. Please remember we cannot sell less than one full box of any tea. We cannot break boxes. Send full price given with each formula. The prices range from \$1 to \$1.50 per box. We have no 25c boxes. Only our plain UNMIXED herbs are sold in 25c boxes.

Herb Tablets—We can furnish tablets only of such formulas where the price is given for tablets. All numbered formulas where no price is given for tablets can be furnished only in the form for which price is given. Our tablets contain no mineral drugs of any kind. They are prepared entirely from powdered NATURAL herbs, sugar, licorice and medicinal gums. We are the only tablet manufacturers using only pure powdered NATURAL herbs for our tablets. All other so-called "herb tablet manufacturers" use herb drugs or extracts; their tablets, therefore, are not real NATURAL herb tablets. There is considerable difference between NATURAL herbs and herb drugs or extracts. Many herb drugs or extracts are as powerful and poisonous as mineral drugs.

Liquid Medicines—We can furnish all such formulas in liquid form where price is given for liquid. Our liquid remedies are prepared only from the choicest herbs, HONEY and a small percent of pure grain alcohol, as a preservative. We will forfeit \$1,000 to charity for proof that we use anything but pure honey for sweetening our liquid remedies. No sugar, syrup or drugs are used in any of our liquid remedies.

All liquids must be shipped by express as they are unmaillable. Give nearest express office when ordering liquids.

FOR CANKER

I can speak from experience of the wonderful virtues of the recipe below and with the fullest confidence can affirm that it stands unequalled as a medicine for removing canker from the inner membranes and mucous surfaces of the body, or any other morbid matter which may have collected upon them, cleansing the system of all filthy material, giving nature a better opportunity to bring about her own restoration. Therefore, I have used it with signal results for constipation, etc.

Red Raspberry Leaves .. 1 oz.

Mountain Flax ½ oz.

Pour on these 1½ pints of boiling water. Let cool, strain, and give about a wineglassful three times a day. Writes B. J., England.

FOR CHILDREN'S DISEASES

For complaints peculiar to childhood I find red raspberry leaves to be one of the most useful and safe remedies for diarrhoea, fevers, and in all stages of measles, smallpox, chickenpox, and dysentery. I have never yet found anything to equal it, as it is always effectual and safe, and incapable of producing any undesirable effects in its operation. In fact, in cases of dysentery it is almost a specific if a little gum myrrh is added to it.

Being a person who has had a large family, I have had some cause to prepare for my wife a tea made up of:

Red Raspberry Leaves 1 oz.

Scullcap Herb 1 oz.

Cayenne, pulv. 1 dr.

Infused in one quart of boiling water, and take 3 or 4 wineglassfuls each day, before and after confinement.

If the pains are premature it will remove them, if otherwise it promotes and facilitates the progress of labour in the natural way, producing a healthy stimulus upon the uterine functions. It may also be taken with the greatest safety in miscarriage, uterine hemorrhage, flooding, and also in vomiting of blood from the lungs or stomach.

With reference to raspberry leaves, I may say that I have used them on inflamed eyes as a wash, used by itself and with ground ivy, and I have had excellent results.

In concluding, I may add that the patient never need be afraid of taking too much, for it is in all cases friendly to the animal economy and will never do any harm, therefore you may use it, feeling satisfied that you are doing good, and all will be well. Indeed, some people take raspberry leaf tea instead of China or India tea with benefit, and it may be safely said that were it so generally used many nervous females would find their nervous systems strengthened as a result of the change. Writes Dr. Brown, Ind.

HOW TO ORDER.

The price of each prepared remedy is given, above the formula, in the same line with the number of the formula. For instance, see page 147, Formula No. 127 is \$1.50 per box. We do not sell less than one full box.

Formulas where there are no prices given are not put up by us in mixed form; you can purchase one 25c box of each of the herbs mentioned in such formulas and mix them yourself.

We recommend the **dry herbs** above the liquid or tablets, as it gives you a better idea of the purity and quality of our herbs. A dollar box of herbs will make more than \$2 worth of liquid medicine.

Liquid medicines shipped into prohibition or "dry" districts only at customer's risk.

Requests for free samples will not be answered as we have no free samples. No orders for less than 25c accepted. We put up no herbs for less than 25c a box.

Send full price for each article when ordering, and avoid delay and unnecessary correspondence.

The Size of Our Boxes—Our herbs are put up in boxes, graded in size according to their value. As Golden Seal costs us \$7.00 a pound, wholesale, at present, we cannot give more than 25c worth for 25c.

Send all orders and special offers direct to Joseph E. Meyer, Ind. Herb Gardens, P. O. Box 5, Hammond, Ind.

Make money order payable to Indiana Herb Gardens or to Joseph E. Meyer. Send P. O. Money Order whenever possible. Stamps accepted for small amounts. We are not responsible for money sent in open mail.

AGENTS WANTED.

The Agency Business—The most profitable and congenial agency business that we could suggest is the agency for Medicinal Herbs. It is especially recommendable to refined gentlemen and ladies and ministers and preachers. What more honorable business could one undertake than the distribution of aid to the sick?



See that the above signature is on every remedy you purchase. It is a guarantee of the purity and quality of all preparations.



No. 701—Powder, 50c box.

Oriental Balsam Powder for the Teeth and Breath—This is a preparation of Oriental Balsams, Gums, Sandal Wood Ashes, etc. It is a costly but very fine tooth powder. It is a capital remedy for Pyorrhoea, ulcerated and soft gums, gangrenous ulcers, sore throat, etc. It is also of some service in chronic catarrh and humoral asthma, anamea and stomach disorders.

It contains no sugar, it is not sweet like other powders which do more harm than good. It contains no soap, but it cleans quicker and better than any other powder. Place a little on your handkerchief and try it.

It tastes like bitter chocolate, yet it contains no chocolate. It has an agreeable bitter taste, which leaves the mouth in a clean, antiseptic condition for hours after using the powder.

It has a delicious, fresh violet flavor and is altogether the very best powder that money can buy. One trial will convince a person of average intelligence that this is an article of real merit.

Directions—Apply to the teeth with a soft brush, the same as ordinary tooth

powder. It is entirely harmless and beneficial to the stomach if taken internally. Dose—One-half teaspoonful stirred into cup of cold water.

No. 702—Tablets, 50c box.

Oriental Balsam Tablets for the Breath—This is the same preparation as above sweetened and pressed into tablet form. One tablet eaten after each meal will sweeten the breath and counteract the acidity of the stomach.



No. 703—Box, 50c.

Oriental Incense—When burned or placed on the back of stove it purifies and perfumes the air. Very valuable during epidemics and contagious diseases. Should be burned in every home where there is one afflicted with catarrh, consumption and similar diseases, to prevent contagion to others and to sweeten and purify the air.

No. 116. Herbs \$1 box.

For Bright's Disease—This ailment in most cases is pronounced incurable by physicians. We trust, however, if this formula should strike the eye of some poor afflicted brother or sister that they at least give this a trial before giving up all hope as the remedy has cured cases that have been given up by a number of physicians as incurable. There is no question that some cases are incurable, but the price of this remedy is so low it should be given a trial before giving up all hope.

4 teaspoonfuls Thimble Weed.
4 teaspoonfuls Sweet Bugle.
4 teaspoonfuls Prairie Pine.
4 teaspoonfuls Couch Grass.
1 teaspoonful Waywort.

Directions—Steep a heaping teaspoonful of this herb mixture in a cup of boiling water. Let remain until cold. Drink from 2 to 4 cupfuls each day in place of water.



Roots and herbs nature has given us for all ailments, yet how sadly does the present generation neglect them.

INDIAN REMEDIES.

Some of the following formulas have been contributed recently by Indian medicine men. Others have been in our possession for many years and have been secured through various sources and through great expense. Only such formulas are repeated here as are of known value.

Snake Bite, as well as those of other venomous animals. Take Prairie Inula, 2 heaping tablespoonfuls, and Waahoo Bark, 4 heaping tablespoonfuls. Place in a quart of water and bring to the boiling point. Let boil 5 minutes. Cool and drink one pint of the liquid. Bandage the wound with absorbent cotton and keep wet with the balance of the medicine for 4 or 5 hours.

Pneumonia, Pleurisy, Etc.—Take 5 tablespoonfuls of the root of Butterfly Weed and 5 tablespoonfuls of Wild Spikenard. Place in 2 quarts of water and boil down to 1 quart. Dose, a wineglassful 4 or 5 times a day until relief and a cure is obtained. This is said to be an infallible remedy for the above ailment.

For Gall Stones—A dear old lady of our village suffered terribly from gall stones until one day an Italian peddler called at her house and sold her some needles and notions, and she was taken with spasms. After she recovered a little she mentioned her complaint to him and he gave her the following old-style recipe, which he says has cured

every case he ever heard it tried. She followed his advice and was entirely cured without an operation.

Recipe—Take 4 tablespoonfuls of powdered herb Thoroughwort and 1 tablespoonful of herb Snakehead, steep for 2 hours in $\frac{1}{2}$ cupful of pure olive oil on the back of the stove. It must be kept hot for 2 hours, then strain through a cloth and add the half cupful of oil to a quart of pure olive oil. Mix thoroughly and keep in a dark place. **Dose**—A tablespoonful every 3 hours. In severe cases, a tablespoonful every hour. Keep it up until the stones are dissolved and the ailment cured. Writes Mrs. B.

For Neuralgia—There is nothing that gives quicker relief than Malaria and Ague Tea, Formula No. 7, described on page 194. When the pain is gone take a S. S. S. Clover Compound as a blood purifier and sweat baths as advised on page 30.

Cancer Poultice—Take a handful of fresh green Violet Leaves and pour a pint of boiling water upon them and let stand twelve hours until the water becomes green. Strain. Dip a piece of absorbent cotton into the liquid, which must be hot, and apply to cancer. Cover with oiled silk or oiled cloth. Renew when dry or cold.

For Scrofula and glandular tumors. Boil one teaspoonful of each: Acacia, Mallow Root, Bitter Sweet Root, Yellow Dock Root in a pint of water for five minutes. This makes an excellent lotion. Use S. S. S. Clover Compound internally as a blood purifier.

It is very important to remember that no disease whatever can be cured if the bowels are not kept in good condition, therefore, if the patient is at all troubled with constipation, we recommend the use of the Formula No. 99 (Herb Laxative Tea) described in another part of this booklet. The tea should be taken only every evening as required to regulate the bowels.

For Sick and Nervous Headache—Take Nerve Root, Blue Scullcap and Catnip; one teaspoonful of each; steep in a cup of boiling water half hour. Drink cold one tablespoonful every half hour until relieved.

Formulas where there are no prices given are not put up by us in mixed form; you can purchase one 25c box of each of the herbs mentioned in such formulas and mix them yourself.



For Thread or Pin Worms—"I have often noticed requests for a cure for worms in children in the correspondence columns of newspapers and wondered why all mothers didn't know the value of the seed of Jerusalem Oak as a remedy. I have used it on all my children and cannot speak too highly of it. I prepare the seed as follows," writes Mrs. C. J. of R. I.

To one ounce of the dried and ground seed of Jerusalem Oak add one ounce of honey. Dose: One teaspoonful twice a day. After the third day give a big dose of castor oil, and should worms come away there is no need to continue the treatment.

For Worms in Adults—"From my grandparents I have a remedy that is infallible. My great-grandfather was an M. D. and lived in Georgia, where, grandfather states, they bought Worm Grass from the Indians. A tea was brewed as follows," writes John C.

Take one tablespoonful dried crushed root Worm Grass. One tablespoonful dried Senna. Add one pint of boiling water and allow to stand until cold; drain. Dose—A teacupful twice a day.

Gonorrhoea, Gleet, Etc.—I submit the following recipe which has cured me after I had tried nearly a dozen different prescriptions.

The patient should use a good purgative at first; then make a tea by steeping for thirty minutes two tablespoonfuls of herb of Sweet Fern and two tablespoonfuls of Goose Grass into a vessel holding three cups of hot water. Dose—One-half wineglassful twice a day. Shake well before using; this is important.

Chills and Fever—"Take 1 ounce Dandelion Root, 1 ounce Rhubarb, 1 ounce Burdock, 1 ounce Wild Cherry, 1 ounce Peruvian Bark. Mix thoroughly and steep this mixture in a quart of best grain alcohol for 24 hours. Then add water that has been boiled to make one gallon. Dose, $\frac{1}{2}$ wineglassful 3 times daily before meals from 6 to 10 days in succession if necessary."

Diabetes Mellitus—Eat fruits, meats. Avoid bread, sweet and starchy foods. Abstain from all liquids during meals. Make a tea by steeping two teaspoonfuls Star Root and two teaspoonfuls Wild Alum Root into a pint of boiling water for thirty minutes. Dose—One tablespoonful after each meal. This may also be taken as a weak tea, one teaspoonful of the mixed herbs in a pint of water, and taken in place of water to quench the thirst.

Bright's Disease—Follow same treatment as Diabetes. In place of water drink a tea made by steeping one teaspoonful German Cheese Plant in a cup of boiling water for half hour, add one-half teaspoonful Rochelle Salts. Drink at least three cupfuls a day. Take sweat baths.

Diabetes—Take 1 cupful of Juniper Berries. Mash or grind them up and steep for 5 or 6 hours in 3 pints of boiling water. Let it cool, strain and drink $\frac{1}{2}$ cupful of this tea 5 or 6 times a day. It will take from 3 to 6 months to affect a cure, depending upon the severity of the disease.

Diabetes—"Take 3 tablespoonfuls of Dwarf Elder Root. Place into a pint of boiling water. Let it steep until the water cools. Strain and drink one-half cupful after each meal and at bedtime." Writes E. T., Clinton, N. J.

No. 30—Herbs, \$1 box.

Jaundice—A prominent physician has used this formula since 1850 with great success wherever used according to directions. He has cured cases that resisted mercurials and all reputed remedies. This tea has also been used with great success in hyperthrophy of the liver.

12 teaspoonfuls Fringe-tree Bark,
1 teaspoonful Master of the Wood.
2 teaspoonfuls Blue Vervain.
2 teaspoonfuls Elecampane.
1 teaspoonful Wormwood.
6 teaspoonfuls Water Plantain.

Directions—Steep a heaping teaspoonful of this herb mixture into a cup of boiling water. Let it remain until cold. Drink 1 to 3 cupfuls daily, depending upon the severity of the case. The tea is quite harmless.

Send all orders direct to Joseph E. Meyer, Indiana Herb Gardens, P. O. Box 1, Hammond, Ind. You can then be sure to receive strictly pure, fresh herbs.

No. 128—Herbs, \$1 box.

Bed Wetting for Children—This remedy has been very successful in treating weak kidneys and bladder of children. It has been extensively advertised as Venetian Herb Tea. The various ingredients have been successfully used and recommended by that venerable old German pastor, Sebastian Kneipp, and numerous other German Herb specialists. A careful examination of the various ingredients will convince the most skeptical of the medicinal value of this preparation:

- 10 parts Bear Berry Leaves.
- 10 parts St. Johnswort.
- 5 parts Peppermint.
- 2 parts Wild Bergamot.

Directions—Steep a heaping teaspoonful of these herbs in a cup of boiling water. Let remain until cold. Drink 1 or 2 cupfuls during the day. A few swallows should be taken immediately before retiring.

No. 129—Herbs, \$1 box.

Bladder Weakness of the Aged—This formula, as the ingredients will show, are almost identical to the Formula No. 128. It also is familiarly known as Venetian Herb Tea for the Aged. It is an excellent remedy for weak kidneys and bladder of the aged.

- 10 parts Bear Berry Leaves.
- 10 parts St. Johnswort.
- 10 parts Peppermint.
- 5 parts Arch Angel.
- 2 parts Wild Bergamot.

Directions—Moisten this herb mixture with best grain alcohol or brandy. The best method of doing this is to take a teacupful of the herbs and pour on a few tablespoonfuls of grain alcohol or brandy. Now take 1 teaspoonful of this wet mixture and place it in a cupful of boiling water. Let it remain until the water cools and drink may be sweetened with honey if desired. Sugar should not be used.

Stomach Remedy—Gives prompt relief. Steep three teaspoonfuls Wild Sage, one teaspoonful Colic Root, one teaspoonful Wormwood in a pint of boiling water for 30 minutes. Dose—Two tablespoonfuls, cold, after meals.

Stomach Remedy—For children and very weak persons. Steep two teaspoonfuls Wild Strawberry Leaves and one teaspoonful Fennel Seed in a pint of boiling water for thirty minutes. Dose a large mouthful after meals.

No. 16—Herbs, \$1; Liquid, \$1; Tablet, \$1.

Cohosh Wild Root Compound—This is a powerful remedy to combat rheumatic pains and muscular swellings. Highly recommended for rheumatism of every form, including sciatic rheumatism, lumbago, heart trouble, cramps, painful menses, neuralgia, earache, headache, gonorrhoea, strictures and all derangements of the water passages.

This remedy should be taken one hour or more before or after meals. Double or treble the dose if no effects are noticeable after 24 hours. Stop the treatment if it produces headache and start again next day with smaller doses.

The results obtained by the use of this remedy in combination with Formula No. 18, Geranium Liniment, are truly marvelous.

No. 18—Medium or Triple Strength, \$2 12-oz. bottle; 2-oz., 50c.

"Geranium" Liniment—A most valuable application for all ailments where a liniment can be applied. It banishes pain quicker than any liniment modern science has yet produced, to our knowledge. It affords quick relief in rheumatism, backache, lumbago, neuralgia, earache, stiff neck and joints, aching feet, headache, cramps, toothache, sprains, bruises, sores, burns, eruptions, wounds, eczema, etc. For open, bruised or tender skin, use medium strength.

Directions—Apply as a liniment by pouring a small quantity into the hollow of the hand and rubbing on afflicted part. The longer the rubbing is continued the better the effects. Unlike other liniments which smell strong and obnoxiously, this delightful liniment is delicately perfumed and pleasant to apply.

Most excellent results are obtained with this remedy when used in combination with Formula No. 16, Cohosh Wild Root Compound.

Falling of the Womb—"The following is considered a very fine remedy for falling of the womb. It must, however, be taken with perseverance and the patient must avoid violent exercise or too heavy work. Steep 2 tablespoonfuls of White Oak Bark in 3 pints of water. Boil for 15 minutes or longer, adding more water as it evaporates. Strain and when lukewarm add a cupful of cold water and use one-half of this as one injection into the vagina. Use twice a day, morning and evening."

No. 1—Box, 50c.

Tar Salve—This is a very powerful healing salve. In our long experience with this remarkable salve we have not met a case of old sores, ulcers, eczema, scrofula, ringworm, etc., yet that this salve could not heal. Also valuable for piles and wherever a salve can be used.

No. 2—Box, 50c.

Golden Seal Salve—A mild and cooling, yet wonderfully effective salve. It is especially valuable for inflammation and diseases of the private parts and all mucous surfaces, such as the vagina, rectum, nostrils, mouth, etc. Valuable in piles, burns, scratches, sores and ulcers, chapped hands, catarrh of the nose and throat.



**No. 29—Herbs \$1 Box. Tablets \$1 Box.
Liquid \$1 Bottle; 6 for \$5.**

Epilepsy, Fits, Falling Sickness of Long Standing—It is our sincere belief that no better remedy could be compounded. This recipe embodies all of the best known herbs for this ailment. It has long been recognized by physicians as a remedy without an equal for the treatment of fits.

Blue Vervain, 6 teaspoonfuls.

Indian Sage, 1 teaspoonful.

German Chamomile, 1 teaspoonful.

Cramp Bark, 1 teaspoonful.

Mallow, 4 teaspoonfuls.

Oregon Grape Root, 1 teaspoonful.

Steep 8 teaspoonfuls of these mixed herbs in a pint of best brandy for 7 days; strain; add sugar to taste. Dose—A teaspoonful three times a day.

If preferred to use this remedy as a tea, steep 1 teaspoonful in a cup of boiling water for $\frac{1}{2}$ hour. Drink it cold during the day, or on retiring.

Constipation—"Take equal parts of Senna Leaves, Buckthorn Bark, Burdock and Rhubarb and mix and steep 1 teaspoonful of the mixture into a cupful of boiling water. When cool drink the tea at bed-time." Writes Mrs. M. S. Rockwood, Tex.

Blood Poison—"I am a Cherokee Indian Medicine Man and I am pleased to contribute a valuable recipe to your columns. I will send more recipes for your next edition of the Herbalist. For blood poison due to infected wounds of all kinds, use the following treatment: After the wound has closed open it with a clean steel darning needle. Then take the fresh green leaves of Indian Ragweed. Wash them in cold water and mash them thoroughly. Then apply to the wound and bandage up well. Great care must be taken that the patient does not catch cold. Renew the poultice 2 or 3 times daily. W. McH., Cherokee Indian Medicine Man, Pawhuska,

No. 601—Herbs, \$1 box. Tablets, \$1 box.

Liquor Habit Remedy—This is a very effectual and beneficial preparation. It is a combination of nature's pure herbs and balsams. It has a pleasant bitter, aromatic taste and is stimulating similar to whiskey, but perfectly harmless. It is a powerful tonic for enfeebled conditions of the body. It is also beneficial to some extent in stomach and bowel troubles, chronic catarrh, leucorrhoea, humoral asthma, diseases of the throat and bronchial tubes.

Directions—Steep a teaspoonful of the herbs in a pint of boiling water for half hour or longer. Sweeten if desired with honey. Dose—One tablespoonful three to six times a day, half hour before meals. Or, if preferred, mix one teaspoonful of these herbs with two teaspoonfuls of the Voice Tonic, Formula No. 407, and chew it same as tobacco, but swallow the juice. If desired to give this remedy in secret mix a teaspoonful of the liquor made as directed above in the patient's coffee.

No. 12—Herbs, large box, \$1.

Hop Bitters—An old doctor's prescription, tried and true. Writes M. A. S., of Soltillo, Pa.

Hops, 8 tablespoonfuls.

Buchu Leaves, 4 tablespoonfuls.

Dandelion Root, 4 tablespoonfuls.

May Apple, 1 tablespoonful.

Prickley Ash Bark, 2 tablespoonfuls.

Take 7 teaspoonfuls of these mixed herbs and steep in a pint of water for 30 minutes on back of stove; strain; sweeten to taste and add one cup of best brandy. Dose—Two tablespoonfuls twice daily.

Send all orders direct to Joseph E. Meyer, Indiana Herb Gardens, P. O. Box 5, Hammond, Ind.

No. 1000—Herbs, \$1.50 box. Tablets, \$1 box. Liquid, \$1 bottle.

Clover Blue Flag Compound—This formula is alterative and tonic and is recommended where a blood purifier and tonic is desired and especially where the tea is to be taken for a long time.

Ind. Blue Flag, 8 parts.

Juniner Berries, 12 parts.

Cheese Plant, 6 parts.

Red Clover, 20 parts.

Rocky Mt. Grape, 4 parts.

Senna, 3 parts.

Wintergreen, 6 parts.

Elder Flowers, 6 parts.

Barberries, 1 part.

Place a heaping teaspoonful of these herbs in a cup of water. Boil for a few minutes. Strain. Drink cold, one or two cupsful a day.

If this tea is to be taken for a long time, it is best to take it for seven days. Stop it for seven days and take it again for seven days and so on alternately for months if desired.

No. 1—50c per jar.

Tar Salve—This is a combination of Pine Tar and Antiseptic Oils and Gums which are very soothing to inflamed Old Sores, Ulcers, Eczema, Scrofula, Ringworms, Piles, etc. It is recommended wherever a salve can be used.

No. 3—\$1 per jar.

Sulphur-Tar Salve—Our one best salve for Eczema, Itch, Ringworm, etc., and if this fails we have no salve to offer that can do better.

No. 73—Price, 25c.

"Salvaleen" Eye Salve—A very mild bland and soothing salve for sore and inflamed eyes. May be used freely in the most sensitive afflictions, wounds, ulcers and inflammation and irritation.

Horse Tail Grass—Highly prized for kidney and bladder troubles; steep two teaspoonsful in a cup of boiling water. Drink cold two to four cups a day. Children half this quantity. Also very valuable in blood vomiting, bloody or difficult urine. Putrid wounds and ulcers should be washed daily with this tea. This is a very valuable herb.

Indian Chickweed—Used chiefly for over-fatness. Is harmless and beneficial.

Indian Blue Flag—Alterative and cathartic. Very useful in scrofula and syphilis. Dose—One-half teaspoonful to a cup of hot water.



Fattening Tea—I was known as "Skinny" Martin among my friends for many years. Now I am so well proportioned that you would think a person crazy to call me that name. For a long time, though, the name stuck and occasionally an old school mate will revert to it. I am glad, however, that there is nothing skinny about me now. My mother used to say it is in the family. My father was thin and dyspeptic and that I took after him. I see now how foolish such talk is. At the age of 25 I went west and secured employment as a clerk in a store. One day a big, burly ranchman, who noticed I was a newcomer, remarked that I would soon look different if I would go out to his ranch for a few weeks, and he explained about Buffalo Herb Tea. I secured a quantity of the herb which I mixed with Sweet Root on advice of a druggist, to improve the taste, and began taking it at once. I gained five pounds the very first week, ten and a half pounds by the end of the second, and from one to two pounds a week after that for several months. I gained about thirty-five pounds during the summer. I am also entirely cured from dyspepsia.

The tea was made by steeping 1 teaspoonful of the powdered Buffalo Tea into a cup of boiling water. Drink one-half hour after meals. A piece of Golden Seal the size of a pea may be added to each cup if troubled very much with dyspepsia. Be sure to chew each mouthful of food thoroughly before swallowing.

We have improved this tea with the addition of Golden Seal, Sweet Root and Colic Root. Price, large box, 50c.

No. 407—Herbs, 50c box. Large box, \$1.

Voice Tonic—This is an old Indian remedy and very simple. It consists of chewing the dried herb Indian Balsam, the same as one would tobacco, but swallow the juice. The taste is similar to licorice. The Indian medicine men always carried so much of this fragrant herb with them that it gave them a peculiar not unpleasant odor, similar to the flavor of hickory nuts. It was much used by the Indian auratorist. It clears the voice in a most wonderful manner

and seems to create the desire to sing. It makes the voice strong, full and clear. Singers and speakers should try this wonderful herb. It will surely surprise and delight them. It is excellent for hoarseness, sore throat and all affections of the mouth. These effects are noticed within a few minutes after chewing the herb. Entirely harmless and very beneficial.

It is also valuable as a substitute for the tobacco habit. Recommended for ladies as well as gentlemen.

No. 411—Herbs, \$1 box.

Cramps—I want to contribute a very valuable remedy for Cramps and Spasms in exchange for your book, "The Herb Doctor," writes Mrs. L—.

Take two tablespoonfuls Crushed Cramp Bark.

Two tablespoonfuls Crushed Root Swamp Cabbage.

Two tablespoonfuls dried Blue Scull Cap.

Steep 6 tablespoonfuls in a pint of boiling water or a pint of sherry wine. Dose—One tablespoonful three times a day. Increase the dose if necessary.

CONSTIPATION AND ITS TREATMENT.

It has been proven by medical authorities that undigested food had been known to remain in the intestines from two weeks to three months and even a year. This foul matter forms a coating in the intestines and stomach and even deposits what is commonly known as tartar on the back of the teeth. The delicate passages through which the bile, juices, etc., pass from the liver and other organs are choked up.

Absorption and secretion are suspended, or partly so.

The stomach and intestines are unable to digest the food properly.

The liver is clogged and overloaded with bile.

The kidneys are filled with decayed tissue and dead corpuscles.

And the blood, which should be filtered and purified, becomes contaminated and poisoned and is pumped through the heart to every conceivable portion of the body from the brain to the toes.

It is not hard to see that such blood, instead of building and repairing the tissues of the body, can only poison the entire system.

It is of prime importance, therefore, that the bowels are put in good con-

dition before attempting to cure any disease of any kind. The formula below is a scientific combination of natural herbs which will prove a revelation to those afflicted with habitual constipation.

No. 99—Herbs, 50c box. Large box, \$1.

Herb Laxative Tea—This tea is a mild and soothing laxative. It removes the superfluous bile from the liver, it flushes out, cleans and strengthens the kidneys. It is advisable to use this tea two or three days in succession upon retiring at night. The tea should be discontinued as soon as the bowels move properly.

12 parts Senna Leaves.
12 parts Water Plantain.
6 parts Waywort.
6 parts Black Root.
12 parts Ginger.
4 parts Cubeb Berries.
2 parts Sweet Weed.
4 parts Butternut Bark.
4 parts Turtlebloom.
4 parts Licorice Root.
4 parts Juniper Berries.
2 parts Wallwort.
1 part May Apple.
2 parts Low Mallow.

Directions—Steep a heaping teaspoonful of these mixed herbs into a cup of boiling water. Drink a half cupful upon retiring at night, warm or cold. If very constipated 1 or 2 cupfuls may be taken. It is unwise to force the bowels in this manner, however. The proper way to treat constipation is to take only a swallow or two of the tea upon retiring every night until the stool is proper. The smaller the dose, the less forceful the action of the tea, the better results will be obtained. The Herb Laxative Tea taken in this manner does not produce a quick action of the bowels. In fact, it will be necessary to take the tea for three or four days before any change is noticeable. Little by little you will notice the stool to become more and more loose and regular and to remain that way after the use of the tea has been stopped. Other so-called Herb Laxatives force the bowels to a quick action and when their use is stopped leave them in worse condition than ever.

We can furnish the Calumet Herb Laxative Compound in tablets and in the herb tea form at the same price. State if tablets or tea is desired.

We Pay the Postage on All Orders.

HOW TO MAKE MEDICINES.

With the simple instructions given here any person of average intelligence can make a variety of medicines that cannot be excelled for purity, quality and cost by any of the secret preparations offered by patent medicine concerns, and you have the advantage of knowing exactly what the ingredients are and what results you can expect of the formula.

Every formula should be divided into six parts as follows:

First—3 parts Active Drugs.
Second—1 part Aromatic Drugs.
Third—1 part Demulcent.
Optional Fourth—1 part Laxative.

The above general formula gives you 3 parts of active drugs and 3 parts of aromatic, demulcent and laxative. In other words one-half of this formula is composed of such drugs selected from any of the titles in the following pages, as Tonic, Alterative, Astringent, etc., and the other half of Aromatics, Demulcents and Laxative.

For example—If it is desired to make a blood purifying medicine also called an Alterative you choose a box of each of three different kinds of drugs listed under Alteratives and one box of any drug listed under Aromatic and one box of any drug under the title of Demulcent and one box of a Laxative. If the laxative is omitted two boxes of either the Demulcent or Aromatic may be used. The Aromatic Demulcent and Laxative are added to modify the acrid taste or action of the more powerful drugs.

It is not good policy to attempt to make your formulae a cure-all by selecting, in place of three different Alteratives one box of an Astringent and one box of Tonic and one box of Alterative, as you will get a combination that will not harmonize.

You need have no fear, however, of producing something that would be poisonous or seriously injurious, if you will purchase your drugs from this catalogue as all harmful things have been eliminated.

Directions for use—Just place a heaping teaspoonful of any herb or herb mixture into a cup of boiling water; let stand until cold. That's all. Drink one or two cupsful a day; a large mouthful at a time.

**ALTERATIVES, Resolvents, Discussants**

Price per box 25c postpaid

Kansas Sunflower.	Yellow Parilla
Bull Nettle	Crimson Clover
Oregon Grape Root	Boxwood
Yellow Root	Frostwort
Red Clover	Bittersweet Twigs
Curled Yellow	Queen's Root
Dock	Sage
Sarsaparilla	Sassafras Bark
Rky. Mt. Grape	Arbor Vitae Tops
Burdock Root	Bayberry Root Bk.
Prickly Ash Bark	Black Alder Bark
Echinacea Root	Life Everlasting Hb.
Poke Root	Pimpernel
Mt. Grape Bark	Plaintain Leaves
Wild Clover	White Oak Bark
Pipsissewa	Wild Indigo Herb
Queen's Delight	Sumac Bark
Yellow Dock Root	Butisfly Weed
Fringe Tree Bark	Bambo~ Brier
False Bittersweet	Snake Root
Wild Sarsaparilla	Golden Seal
Water Dock	Zedoary Root
Alder Bark	Blood Root
American Spikenard	Soap Root

Drugs used for tubercular and scrofulous affections. Used in glandular enlargements, scrofula.

Price per box 25c postpaid

Bayberry Root Ek.	American Spike-
Bearsfoot Root	nard Root
Bogbean Leaves	Pipsissewa Leaves
Burdock Root	Poke Root
Celandine Herb	Queen's Root
Cleavers Perb	Water Avens Root
Climbing Fumitory	Wild Sarsaparilla
Coltsfoot Herb	Wild Cherry Bark
Figwort Herb	Yellow Dock Root
Horse Radish Root	Yellow Root

Directions—Take a 25c box of any two or three of the above and mix with one box of any desired Aromatic and one

box of any desired Demulcent and one Cathartic and you have as good an Alterative as you could purchase for ten times the price at some drug stores.

ALTERATIVES.

These are drugs which gradually alter and correct a bad condition of the blood without necessarily producing evacuations of the bowels. They change the process of nutrition and excretion, restoring the morbid organs of the system to healthy action. They promote absorption of inflammatory deposits chiefly by stimulating the lymphatic glands.

As impure accumulations in the blood arise mainly from a defective action of one or more of the secretory organs, which fail to carry out the system their due proportion of waste material, so purification of the blood is to be sought by re-establishing and maintaining the functions of the organs at fault. This is the one and only natural method of cure; and while it may be inferred, that all agents which promote secretion may prove to be alteratives, yet an alterative which expends its whole influence in a few hours can barely do more than disgorge the organ of the material which has accumulated in or near it. The purification of the entire blood stream by means of a better digestion and regular secretion requires the maintenance of that mild alterative influence which can be sustained for a long time. Therefore, it follows that the term alterative is properly applied to those agents which slowly, moderately and steadily expend their influence upon badly-functioning organs, thus bettering the condition of the blood.

Alteratives are largely used in the manufacture of Blood Purifiers, Blood Tonics and are the main ingredients of the much advertised and exaggerated Patent Medicines for Rheumatism, Scrofula, Skin Diseases, Syphilis, Eczema, Boils and Pimples.

The Formulae No. 201, 600, 666 and 1000 are well balanced formulae and as good as money and experience can make them.



See that the above signature is on every remedy you purchase. It is a guarantee of the purity and quality.



ASTRINGENTS—STRONG.

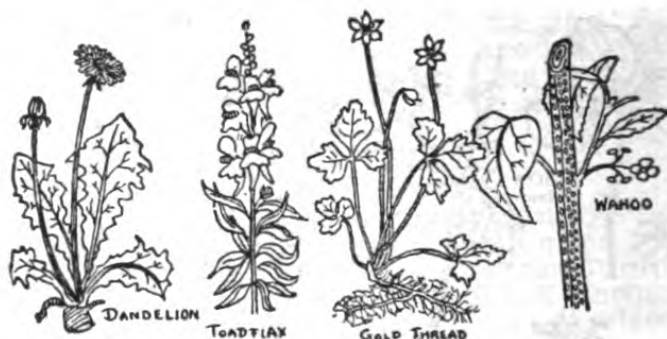
Drugs which contract the tissues and thus tend to arrest discharges. Those listed below are chiefly used in medicines for hemorrhages, diarrhoea, bleeding from the lungs and urinary tract, piles, also externally to contract and strengthen the muscles.

Those listed in first column are the most popular.

Price per box 25c postpaid.

Black Alder Bark	Fleabane
Blackberrybark	Frostwort Herb
White Oak Bark	Golden Rod Herb
Bearberry Leaves	Heal-All Herb
Alum Root	Potentilla Herb
Button Snake Root	Water Avens Root
Water-lily Root	Water Pepper Herb
Maiden Hair Fern	Wild Indigo Root
Red Raspberry	Yellow Root
Congo Root	Barberry Bark
Fireweed Herb	Butternut Bark
Mountain Ash Bark	White Ash Bark
Wafer Ash Bark	Beech Drops
Bilberry	Hemlock Bk.
Horse Mint Herb	Jambul Seed
Hound's Tongue Hb.	Jersey Tea
Iron Wood	Kola Nuts
Goldthread	Red Root
Life Everlasting Hb.	Hawthorn Berries
Rattlesnake Root	Sumbul
Sweet Fern Root	Hickory Bk.
Sampson Snake Rt.	Agrimony
Black Cherries	Sassafras Bark
Black Willow Bk.	Bayberry Bark

Directions—These may be used in the same proportions as given in general directions. The laxative or cathartic may be omitted and a stimulant, tonic or an aromatic used in its place. Astringents and demulcents do not combine well. Therefore, not more than one demulcent to four of other drugs should be used in any formula whose chief action is astringent.



MILD ASTRINGENTS AND ANTISEPTICS.

This is a list of mild astringents. They tend to arrest discharges and are chiefly used in bleeding from the lungs and urinary tracts, irritation of the bladder, gonorrhoea, gleet, leucorrhoea and prostatitis.

Price per box 25c postpaid

Seven Barks Root	Red Raspberry Lv.
Slippery Elm Bk.	Hydrangea
Water Plantain Hb.	Lilly Root
Corn Silk	Unicorn Root
Dog Grass	St. Johnswort
Couch Grass	Cinquefoil
Indian Sloe	Waywort Root
Pilewort	Tormentil
Potentilla Herb	Rock Rose
Starwort	Grindelia Herb
Mouse Ear	Gravel Weed Herb

Directions—These may be used according to general directions omitting the laxative and substituting another aromatic or demulcent.

These may also be used externally to contract the skin and muscles and allay inflammation and as antiseptics, in douches and mouth washes. For eye washes Golden Seal, Fennel Seed and Red Eyebright are especially recommended. They should constitute but one part to three parts of demulcents for this latter purpose.

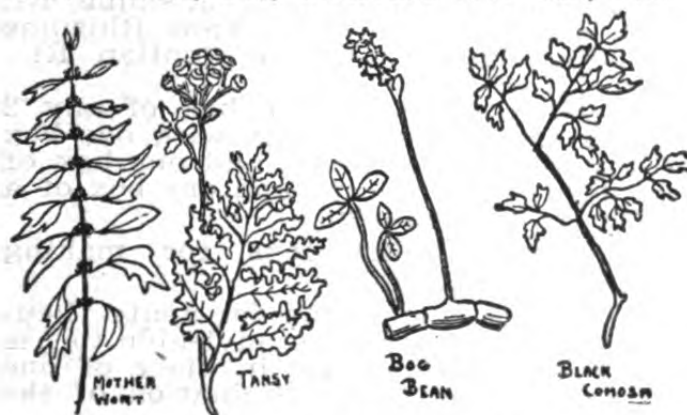
ANTISPASMODICS.

Medicines which allay or prevent the recurrence of spasms, relieving muscular irritability and excessive contraction.

In every such case the muscular irregularity is dependent upon the fact that the nerves fail to respond to the Vital Force with freedom and smoothness; hence the life-power reaches the parts in weakened and interrupted waves. A large variety of conditions may serve as irritating causes for such deranged nervous response; and the nerves themselves may be in a state

either of excessive tension—as in tetanus, or extreme irritability, with feebleness—as in hysteria. The first step in treatment is the removal of any provoking cause, as when faeces in the middle bowel cause cramp in the legs, or worms in the stomach excite general spasms, or irritated gums cause infantile convulsions. If a turpid state of the brain is an exciting condition, or cerebral or spinal irritation, or if the irritation of a stone in the bladder is the provoking cause, these must be met by agents suitable to their several requirements. Thus antispasmodic treatment is largely of the kind that may be called revulsive—the turning away of the disease from its original seat, thereby giving relief to the dependent and remote parts. All such treatment is of a character that scarcely aims at the nerves and muscles directly, but reaches them secondarily.

Antispasmodics are largely used in medicines to promote easy child-birth, painful menstruation, hysteria, cramps, convulsions, fits, delirium tremens, etc.



ANTISPASMODICS.

Price per box 25c postpaid

Cramp Bark	Black Cohosh
Wild Cranberry	Blue Cohosh
Squaw Bush	Rue Herb
Skullcap Herb	Ground Pine Herb
Skunk Cabbage	Hop Flowers
Swamp Cabbage	Camamile
Black Haw Bark	Peony
Motherwort Herb	Horse Radish Root
Ladies' Slipper	St. John's Wort Hb.
Catnip	Woodruff
Sweet Flag	Spikenard

Directions—Take a 25c box of any two or three of above articles and mix with one box of any desired Aromatic and 1 box of any desired Demulcent and 1 box of a Cathartic or Laxative.

ANTI-RHEUMATICS.

Drugs used in Rheumatism and Arthritis. Applicable in lumbago, Sciatica joint affections, rheumatic fever, neuralgia, gout.

Price per box 25c postpaid

Queen of Meadow	Skunk Cabbage
Birch Bark	Stone Root
Raspberry Lv.	Horse Radish Root
Boxwood	Indian Turnip
Black Cohosh	Rheumatism Root
Burdock Root	Ariganum (Wild
Wintergreen Lvs.	Marjoram)
Oregon Grape	Pipsissewa
Sweet Fern Leaf	Poke Root
Elder Flowers	Poplar Buds
False Bittersweet	Prickly Ash Bark
Ground Pine Herb	Senega Root
Bogbean Herb	Arbor Vitae Tops
Star Grass Rhizome	Bearsfoot Root
Tulip Tree Bark	Horehound Herb
Wild Sarsaparilla	Black Alder Bark
Twin Leaf Root	Horsechestnut Fruit
Virginia Snake	Horsemint Herb
Root	Yellow Jasmine Rt.
Kava Kava	Wild Yam Rhizome
Magnolia Bark	White Gentian Rt.

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative.

See general directions for making medicines on page 68.

In making a medicine for acute rheumatism or Sciatica it is advisable to use two boxes of Cathartic in place of one so as to get quicker elimination of the waste matter.

In making a medicine for cases of long standing where long and continuous treatment is recommended only a mild laxative should be used and no cathartic. Or, as may be still better in some cases, the laxative may be omitted and another good demulcent used, thus giving the formula two boxes of demulcents one or aromatics to three of the active drugs.

No. 94—Box, 25c.

Coloring and Clarifying Compound—
This preparation will color any liquid any shade of amber to a rich dark reddish brown, depending upon the quantity used. Absolutely harmless in any quantity. Useful for coloring liquors, soft drinks and medicines.



CHOLAGOGUES.

Drugs acting upon the liver. To increase the flow of bile and promote its ejection. Used in billiousness, jaundice, hepatic dyspepsia.

Price per box 25c postpaid

Mandrake Rhizome	Horehound Herb
Fringe Tree Bark	Wahoo
Culvers Root	Blessed Thistle Hb.
Black Root	Blue Flag Rhizome
Dandelion Root	Bogbean Herb
Queen's Root	Chicory Root
Yellow Root	Climbing Fumitory
Yellow Rock Root	False Bittersweet
Barberry Bark	Toadflax

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative.

See general directions for making medicines on page 68.

DIURETICS.

Medicines which promote the secretion of urine.

In general terms we speak of these medicines as being useful when the kidneys are not sufficiently active. In the majority of fevers, some specific influence requires to be made upon the kidneys. Use of them is made, also in those achings of the back and general nervous uneasiness which so often proceed from deficient renal action; in scalding of the urine and achings through the bladder; in prostatic affections of a chronic character, and in gonorrhoeal poisoning.

In all forms of calculus, or sandy or mucous sediment in the urine, and in dropsy, these agents are resorted to.

Like other articles that particularly influence one organ, the employment of diuretics constitutes only part of the treatment in any case; but that part is often of very decided importance.

Care must be taken not to push diuretics to that point which will weary or exhaust the kidneys. This is particularly likely to be done in dropsical cases and in the treatment of gravel, but such misapplication of diuretics will be found to leave the patient worse than was the condition for which they were given. Applied with discrimination, diuretics are a most valuable class of agents.

Price per box 25c postpaid

Seven Barks	Buchu
Dog Grass	Uva Ursi
Couch Grass	Bearberry Leaf
Corn Silk	Cleavers Herb
Beth Root	Dog Bane Root
Juniper Berries	Fleabane Herb
Swamp Sassafras	Button Snake
Broom Tops	Pareira Brava
Elecampane Root	Seneka Snake
Dandelion Root	Princess Feather
Cubeb Berries	Princes Pine
Horse Tail	Dwarf Elder Bark
Shavgrass	Elder Bark
Queen of the	Gravel Weed Herb
Meadow	Hair Cap Moss
Ind. Chickweed	Birch Leaves
Kidney Root	Stone Root
Ind. Deer Berry	Skunk Cabbage
Pipsissewa Leaf	Blue Flag
Capsella	Black Cohosh
Pitcher Plant	Horse Radish Root
Bogbean Herb	Parsley Root
Black Indian Hemp	Pimpernel
Sweet Bugle	Toad Flax Herb
Star Grass Root	Alder Bark
Trailing Arbutus	Fleabane
Watermelon Seed	White Sanicle Root
Asparagus Seed	False Bitter Sweet
Elder Flors	Kava Kava
Burdock Seed	Squills

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative. See general directions for making medicines on page 68.

In most cases it is best to eliminate the laxative and add another demulcent. This gives you 2 demulcents and 1 aromatic to 3 of active diuretics to your formula and lessens the irritating properties of the medicine if it is to be taken for a long time.



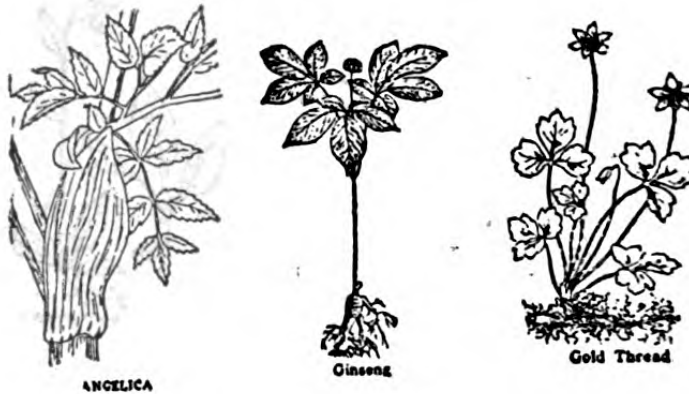
DEMULCENTS.

These are drugs suited to modify the action of acrid and stimulating matters upon the mucous membranes of the throat, lungs, stomach intestines, kidneys and bladder and the entire urinary passages. They are soothing to the irritated, or inflamed mucous membrane and therefore, of great service in colds, coughs, diarrhoea, kidney and bladder troubles, burning or scalding urine, gonorrhoea, brights disease, diabetes, dysentery, cholera infantum, gall stones, piles, catarrhal affections of the throat and stomach and also as emollients when applied externally. They soften the skin, allay the pain of inflamed parts and aid suppuration process. For this latter purpose they are applied as poultice.

Price per box 25c postpaid

Cheese Plant	Mullein Leaves
Mallow Herb	Mullein Flowers
Mallow Root	Silver Mullein
Marsh Mallow	Blue Eyes Flowers
Consumption Moss	Lungwort
Iceland Moss	Quince Seed
Ind. Elm	Tulip Tree Bark
Slippery Elm Bark	Coltsfoot
Acacia Vera	Solomon's Seal Rhizome
Althea	Knotgrass
Sweet Weed	Water Plantain
Wallwort	Plantain
Comfrey Root	Ribwort
Liverwort	Kidney Liver Leaf
Benne Leaves	Sassafras Pith
Black Mallow Flrs	

Directions—In making a demulcent medicine three boxes of any of the above may be used with three boxes of any other more active herbs or roots. Demulcents will combine with any other tea and at least one box of a demulcent should be used with any combination of drugs if only to modify whatever acrid principles may be present in any mixture of herbs.



DIAPHORETICS—SUDORIFICS.

Diaphoretics are drugs which secure an increased perspiration that usually is not great or visible. Those which induce a very abundant and visible perspiration are called Sudorifics.

The majority of diaphoretics directly influence the sweat-glands and that chiefly by relaxation. Thus they are followed by an increased evacuation of the watery material and saline constituents of perspiration. By their aid great quantities of offensive and irritating materials are cast out of the system. These materials are far more poisonous than is generally supposed. Through the medium of the extensive network of nerves upon the surface, the impressions of these poisons are quickly conveyed to other organs, hence the retention of perspiration makes itself felt more speedily and more extensively than almost any other secretion. A complete suppression of this function may cause death in a few hours, from which fact the vital importance of its regular continuance may be inferred. To maintain a steady action upon the surface, therefore, is one of the first requirements of good health; and when that action has been in any degree repressed, its early and full restoration is imperative.

The relief of fevers is but one of many benefits obtained from diaphoretics. The promotion of surface action is imperative in all "colds"—or, in other words, in all congestions—whether trifling or extensive, whether merely of the surface, or upon the lungs, liver, spleen or other organ. The maintenance of free but not excessive, cutaneous action greatly promotes absorption in dropsies, chronic abscesses, pleuritic and

peritoneal effusions, chronic catarrh, etc. In such cases the internal diaphoretics generally need to be aided by stimulating baths and friction with coarse towel or massage.

The nervous system, also, is often much relieved by diaphoretics, mostly, it is to be supposed, by the excrementitious material being expelled so as to no longer irritate the nerve extremities.

Where the use of a relaxing diaphoretic is followed by a cold perspiration its continued use would be very inadvisable.

Give these agents in hot infusion, frequently repeated until the desired effect is obtained, and then sufficiently frequent to maintain that effect, but take care not to press the action to the point of exhausting the patient.

DIAPHORETICS.

Price per box 25c prepaid.

Pleurisy Root	Wild Bergamot
Am. Pennyroyal Hb.	Bee Balm
Elder Flowers	Arch Angel Root
Cleavers Herb	Arbor Vitae Tops
Yarrow	Blessed Thistle Hb.
Balsam	Wild Bergamot
Jesuits or Foso Bk.	Lemon Balm
Galangal	Mint Blossoms
Catarrh Rt.	Watermint
Anise Seed	Squaw Mint
Horehound Herb	Burdock Root
Water Pepper Herb	Peppermint Herb
Bitter Sweet	Ragweed (Wild
Hyssop Herb	Tansy)
Sage Leaves	Horsement Herb
Wild Clover	German Chamomile

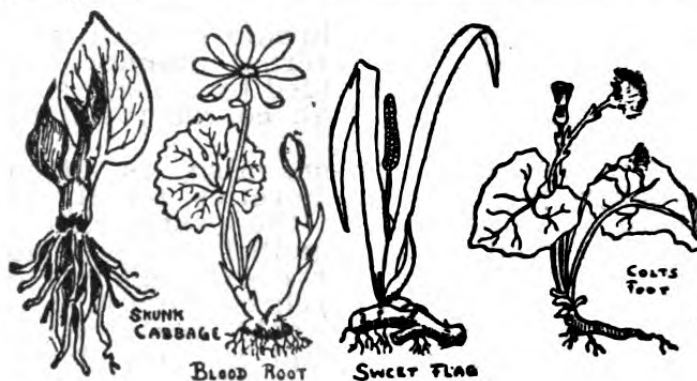
Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative.

See general directions for making medicines on page 68.

SUDORIFICS.

Boneset	Va. Snake Rt.
Indian Sage	Crawley
Aya-Pana	Blk Pepper
Thoroughwort	Bayberry Bark
Jamaica Ginger	Canada Snake Root

Drugs which stimulate the sudorific glands causing sweating. Useful in breaking up colds, and fevers, malaria, grippe, flu, etc. They are most effective when taken hot before retiring. Taken cold they act as tonics.



EXPECTORANTS.

Expectorants are drugs which modify quality and quantity of mucous secretions and favor its expulsion. They are the chief components of medicines for coughs, colds, bronchitis, laryngitis, pharyngitis, rhinitis, coryza, gastric or intestinal catarrh.

Price per box 25c postpaid.

Cough Wort	Spikenard
Coltsfoot Herb	Nettle Leaves
Hoarhound	Solomon Seal
Yerba Santa Leaves	Indian Turnip Rt.
Pleurisy Root	Stone Root
Butterfly Weed	Sundew Herb
Comfrey Root	Squills
Wild Cherry Bark	Balm of Gillad Buds
Grindelia Herb	Senega Root
White Pine Bark	Blood Root
Life Everlasting	Wahoo Bark

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative. See page 68.

RARE AND CURIOUS BOTANICS.

Price 25c per box; postpaid.

Dragons Blood	Master of the Wood
Smellage Root	Southern John
Oriental Gum	The Conqueror Root
Sacred Bark	High John the
Adam and Eve R.	Conqueror Root
Tonka Beans	European John
Queens Root	The Conqueror Root
Orris Root	Queen Elizabeth R.
Grains of Paradise	Wahoo Bark
Cummin Seed	Life Everlasting
Good Luck Herbs	Holy Herb
Alkanet Root	Star of Bethlehem
Sumbul Root	Bethel Nuts
Jezabel Root	Lesser Periwinkle
Devil Shoe String	Holy Sandal Wood
Sea Spirit	Lovage Root
Five Finger Grass	Buckeye



LAXATIVES.

These are drugs that stimulate secretions of the intestinal glands or excite moderate peristalsis producing mild evacuation and soft stools.

Price per box 25c postpaid

Licorice Root	Senna Pods
Sacred Bark	St. John's Bread
Cascara	Dandelion Root
Black Butternut	Yellow Root
Balmony	Blue Gentian
Turtle Bloom	Rhubarb
Snakehead	Flax Seed
Sweet Weed	Wild Licorice
Damiana	Anena Sativa
Yellow Poplar	Am. Senna Leaves
Tulip Tree	Dry Raspberries
Golden Seal	Way Wort

Directions—Add one box of Aromatics and one box of Demulcents to any selection of Laxative.

PURGATIVES.

These are drugs that produce copious evacuations of the bowels. Those marked X are very powerful and become irritant poisons if taken in over-dose.

Price per box 25c postpaid

Mandrake Rhizome	Buckthorn Bark
May Apple Root	X—Wild Jalap
X—Scammony Root	X—Man Rt.
Culver's root	X—Bearsfoot
Black Root	Bryonia
Senna Leaves	X—Turpeth Root
Boneset Herb	

Directions—Add one box of Aromatics and one box of Demulcents to any selection of the above Purgatives to modify their action and prevent griping.

All of the teas in this book should be taken cold, except when otherwise stated.



NERVINES.

These are drugs used for their action upon the nervous system. To mildly stimulate and lessen irritability. Useful in hysteria, neuralgia, insomnia, chorea, epilepsy, fits, etc.

Price per box 25c postpaid.

Fragrant Valerian	Black Cohosh
Nerve Root	Mistletoe
Lady Slipper	Rosemary
Blue Scull Cap	Mugwort
Blue Vervain	Kola Nuts
Catnip Herb	Skunk Cabbage
Hop Flowers	Wild Lettuce
Tonga Bk.	Sweet Basil
Musk Rt.	Wood Betony
Celery Seed	Ambretta Seed

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative.

See general directions on page 68.

TONICS—MALE.

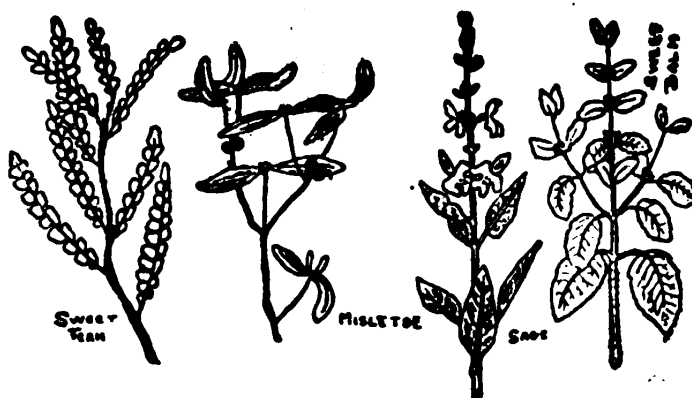
These are drugs that give tone to the system in general and in some cases have a direct effect on the generative organism. They are useful in medicines for general debility, anaemia and muscular atony.

Price 25c per box; postpaid.

Saw Palmetto	Hawthorn Berries
Sanicle	Angelica
Blue Gentian	Juniper Berries
Damiana	Sage Leaves
Golden Seal	Fringe-tree Bark
Masterwort	Erigeron
Sandal Wood	Boldo
Star Root	Yohimbihi

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative.

See general directions for making medicines on page 68.



REFRIGERANTS.

These are drugs used to reduce the temperature in fevers.

Price per box 25c postpaid.

Boneset Herb	Avensroot
Cinchona Bark	Chocolate Root
Cleavers	Coffee Root
Goose Grass	Poplar Bark
Melissa	Fever Root
Sweet Balm	Stone Root
Gravel Plant	Oregon Grape Root
Fever Twig	Great Ragweed Hb.
Life Everlasting	Barberry Bark
Wild Sage Herb	Horsechestnut Bark
Arbor Vitae Tops	Feverfew
Sourwood Leaves	Yerba Santa Leaves

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative.

See general directions for making medicines on page 68.

SEDATIVES.

Sedatives are a class of agents which influence a control of the circulation, allaying excitement, thus reducing nervous expenditure without producing narcotic effects.

Price per box 25c postpaid

Mistletoe	Hop Flowers
Horse Nettle Rt.	Goose Grass
Cramp Bark	Penny Royal
Cundurango	Catnip
Saw Palmetto	Wild Cherry Bark
"Master of the Woods"	Peach Leaves
Sweet Weed	Quebracho
	Tetter Wort

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative.

See general directions for making medicines on page 68.



TONICS—FEMALE.

These are drugs that are used to give tone to the female generative organism. They are useful in medicines for general debility, anaemia, and irregularity of the periods.

Price per box, 25c.

Pappoose Root	Alder
False Unicorn	Squaw Vine
Palmetto Berries	Squaw Root
Lovage	Squaw Bush
Bearberry	Ground Ivy
Capsella Herb	Elecampane Root
Shepherd's Purse	Palmetto Berries
Liferoot	Angelica Root
Squaw Weed Herb	Blood Rt.
Queen's Delight	American Spikenard
German Rue	Tansy
Pale Cohosh	Cotton Root Bark
Black Cohosh	Rosemary
Blessed Thistle	Blue Cohosh
Roman Mother Wrt.	White Sanicle
Beth Root	Arbor Vitae Tops

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative.

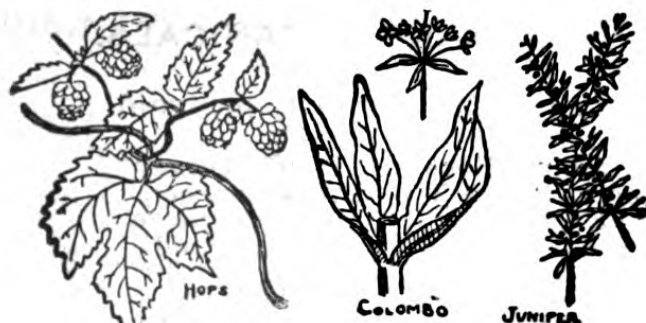
See general directions for making medicines on page 68.

COLORING AGENTS.

Price 25c per box; postpaid.

Madder (Red)	Red Saunders (Red)
Sage (Green)	Sumach Lvs
Saffron (Red)	(Brown)
Walnut Hulls	Blue Malva (Blue)
(Brown)	Alkanet (Red)
Golden Seal	Henna Lvs (Yellow)
(Yellowish)	Black Malva (Blk)
	Blood Rt (Red)

These coloring agents of the Herbal Kingdom were largely used by the Indians but are now only occasionally used in toilet preparations and hair tonics.



TONICS—STOMACH.

These are drugs that promote nutrition and give tone to the stomach. They increase and improve the secretions and movement of that organ. Useful in loss of appetite, indigestion and dyspepsia.

Price per box, 25c prepaid.

Blue Gentian	Crow Corn
Columbo	Canada Snake Root
Wild Cherry Bark	Pleurisy Root
Wild Sage	Juniper Berries
Wild Strawberry	Wild Yam
Queen Meadow	Colic Root
Angelica Root	Wild Sarsaparilla
Arch Angel	Elecampane Root
All Heal	Quassia
Cancer Bark	Pig Weed
Congo Root	Indian Balm
Am. Colombo Root	Blackberry Root
Star Root	Stone Root
Comfrey Root	Yellow Dock
Chicory Root	Palmetto Berries
Waywort	Jamaica Ginger
Dandelion Root	Solomon Seal
Elecampane	Gold Root
Ginseng Root	Sacred Bark
Gold Thread	Buck Thorn Bark
Mouth Root	Centaurea
Golden Seal	Mugwort Herb
Thyme	Chocolate Root

Directions—Take a 25c box of any 2 or 3 of the above and mix with one box of any desired Aromatic and one box of any desired Demulcent and one box of a Cathartic or Laxative.

See general directions for making medicines on page 68.

No. 93—10c per package.

Preservative Powder—This is a fine quality U. S. P. Salicylic Acid measured carefully, so that each package is sufficient to preserve 1 gallon of any liquid. Useful for preserving medicines, soft drinks, liquors, fruit juices and especially to prevent hard cider and beers from souring.

FRAGRANT BOTANICALS.

Price 25c per box; postpaid.

Lavender Flors	Wild Ginger
Master of the Wood	Wintergreen
Tonka Beans	Deer Tongue
Cloves	Sandalwood
Cassia Bark	Rose Petals
Penny Royal	Orris Root
Gum Myrrh	Peppermint
Wild Vanilla	Tansy Herb

The roots, herbs and barks listed here are used in Sachet Perfumes, Incense Mixtures and in the manufacture of certain Perfumes and Flavors.

AROMATICS—CARMINATIVES.

These drugs have a pleasant flavor and pungent taste and are useful to expel gas from the stomach and intestines by increasing peristalsis, stimulating the circulation and relaxing the cardiac and pyloric orifices. They are chiefly used to make other drugs more palatable and to prevent griping in cathartics.

Price per box 25c postpaid

Anise Root	Angelica Root
Fennel Seed	Celery Seed
Cloves	Sassafras Bark
Canada Snake Root	Elecampane Root
Wild Ginger	Tansy Herb
Indian Ginger	Peppermint
Coriander Seed	Spearmint
Spearmint Herb	Cumin Seed
Am. Pennyroyal hb.	Caraway
Sweet Fern Leaf	Catnip Herb
Calamus	Wood Betony
Sw't Flag Rhizome	Lovage
Yarrow Herb	Rag Weed
Milfoil	Motherwort
Thousand Seal	Wild Yam
German Chamomile	Parsley Root and
Cardamon Seed	Sampson Root
Sweet Clover	Mellot Flors

Directions—Any of the above may be used in any combination desired and in any quantity. The dose for any of our tea mixtures is one teaspoonful of the plain herbs or herb mixtures to a cup of boiling water. See directions how to make medicines.

DISINFECTANTS, ANTISEPTICS AND ANODYNES.

These drugs are used in Vaginal Douches, Sprays for Catarrhal affections, Swabs and Washes and Ointments for old Sores and Ulcers, Tumors, Sore Eyes, etc.

Price 25c per box; postpaid.

Marigold	Violet
Cheese Plant	Golden Seal
Blessed Thistle	Wild Alum Root
Wallwort	White Oak
Elm	Kansas Sunflower
Horse Tail Grass	Witch Hazel
Chickweed	Grindelia Robusta
Eucalyptus	Wild Indigo
Ragweed	Arnica F.

Any one or more of above may be made into an ointment by grinding them to a powder in a coffee mill and boiling with sufficient water to form a mush, then adding an equal quantity of hogs lard or suet and mix.

Those in the first column are best suited for injections, douches and eye washes, because of their mild action. Use a heaping teaspoonful to a pint of boiling water. Of those in second column use only a level teaspoonful to pint of water. These quantities may be arranged to suit conditions. Some require more.

ANTHELMINTICS.

These are drugs which destroy or expell worms from the stomach and intestines.

Those in the first column are the best —Malefern, Pomegranate, Pumpkin Seed are the ones usually used for tape worms.

The Formula No. 156 is in our opinion the very best and least harmless worm remedy that can be made.

Price per box 25c postpaid.

Jerusalem Oak	Pomegranate Bark
Am. Worm Seed	Male Fern Root
Wormwood	Worm Grass Root
Elm Bark	Pink Root
Flax Seed	Devel's Shoe String

Any of the above drugs may be powdered and mixed with honey or with syrup in equal parts or made into candy.

The dose should be one teaspoonful of the syrup or one dram of the candy. Three times during the day upon an empty stomach. No food whatever, except water should be taken during this treatment. After the last dose at night a good dose of a cathartic should be taken.

OUR HERBS ARE DIFFERENT than the small packages of compressed herbs sold in drug stores. They are picked, cured, cleaned and milled in a different manner. The stuff sold in drug stores is the droppings and discarded materials of large drug millers. These droppings are swept together with the spit, tobacco, feathers, hair and dirt and pressed into one-ounce cakes. Is it any wonder that such herbs have no medicinal value?

Herbs lose much of their medicinal value after they are a year old. A druggist will carry a stock of herbs from year to year, until sold; varieties for which there is but little demand are often kept on the shelf from ten to twenty years.



See that the above trade-mark is on every remedy you purchase. It is a guarantee of the purity and quality of all preparations.

Herbs of All Kinds—We have over 1,000 different varieties of herbs, roots, barks, seeds, leaves and flowers in stock and can supply any herb grown in any part of the world at 25c per box. Space does not permit printing a complete list. If you do not see what you want send for it anyway. We have it, or can get it for you.

Patented Medicines and Private Formulae of all kinds made up in small quantities in herb form at \$3.00 per box, sufficient to make half gallon of medicine. Special prices given on large quantities. No special or private formulae put up for less than \$3.00, but you can purchase a 25c box of each ingredient and mix the formula yourself.

No Goods Exchanged, except in cases where we have made a mistake in filling order; **because**, we guarantee all goods strictly fresh, first hand and will not resell anything returned to us.

Fig. 1

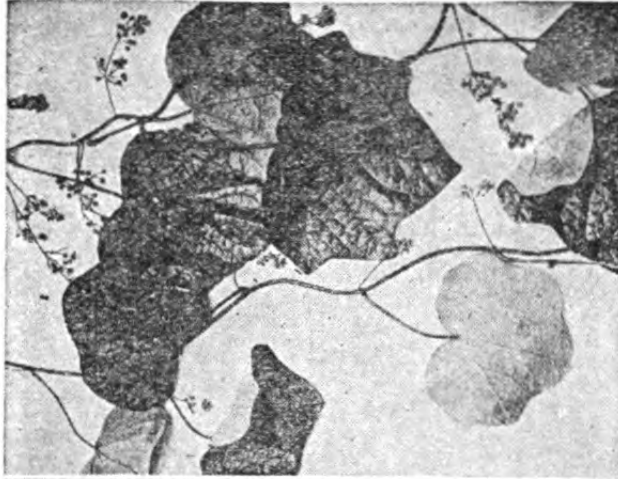


Fig. 2



Fig. 3



Fig. 4

Fig. 1—Yellow Parrilla. See page 273.

Fig. 2—Foxglove. See page 78.

Fig. 3—Woundwort. See page 267.

Fig. 4—Blue Scullcap. See page 224.

Fig. 1



Fig. 2

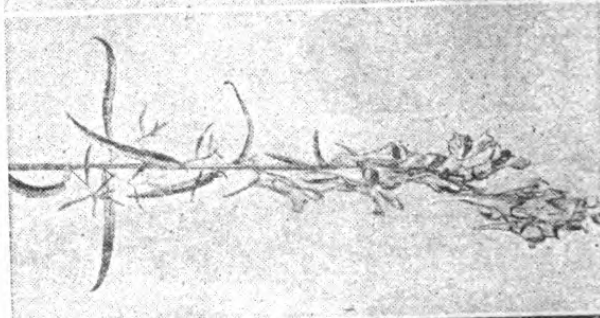


Fig. 3

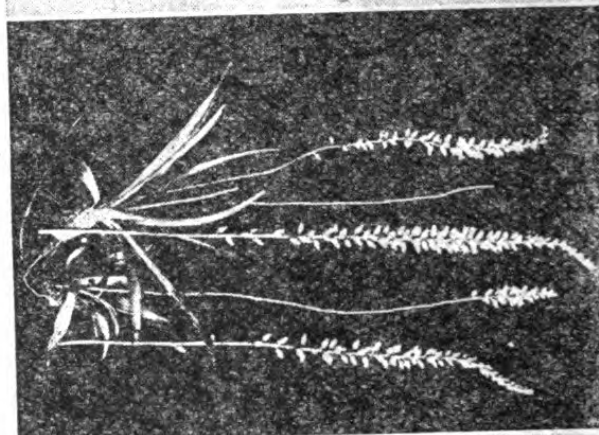
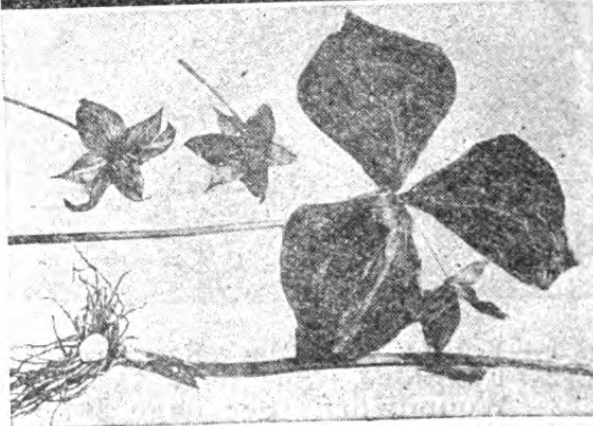


Fig. 4



- Fig. 1—Helionas| See page 110.
 Fig. 2—Toadflax. See page 275.
 Fig. 3—Star Root. See page 215.
 Fig. 4—Bethroot. See page 49.

Fig. 1



Fig. 2

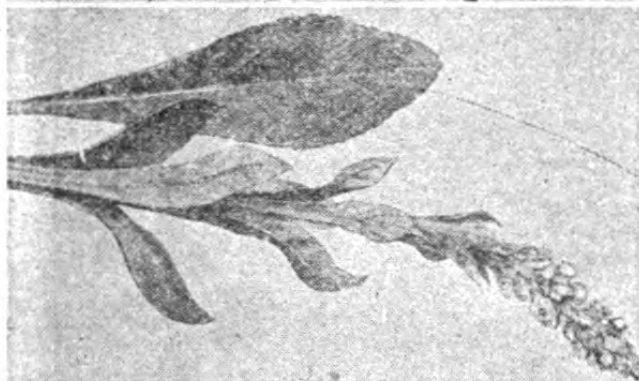


Fig. 3

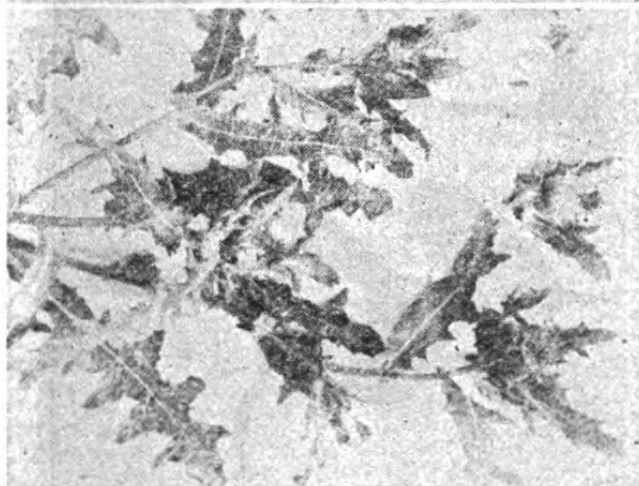


Fig. 4



Fig. 1—Chicory. See page 56.
Fig. 2—Mullein. See page 152.
Fig. 3—Blessed Thistle. See page 216.
Fig. 4—Yerba Santa. See page 276.

Fig. 1

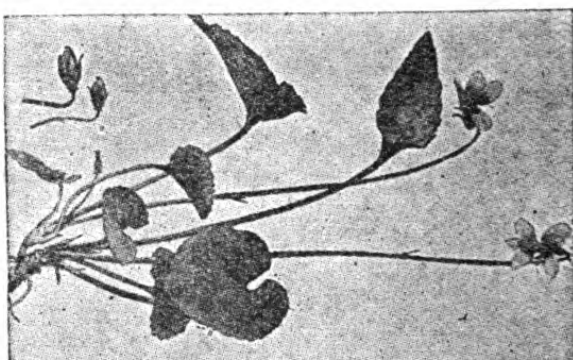


Fig. 2

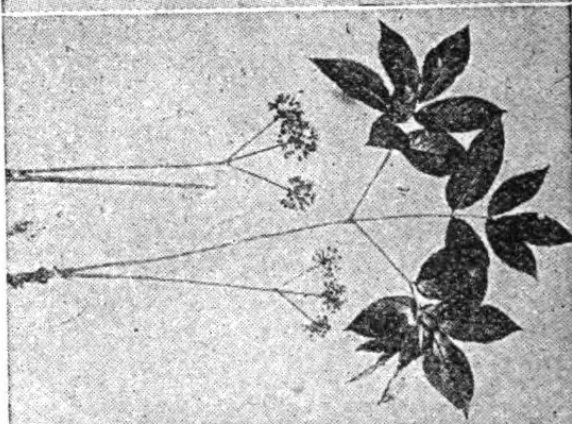


Fig. 3

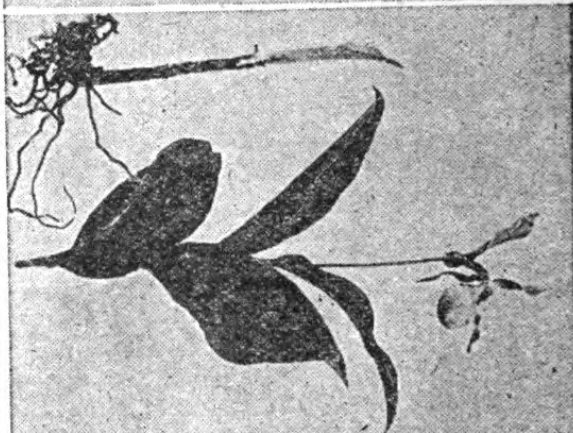
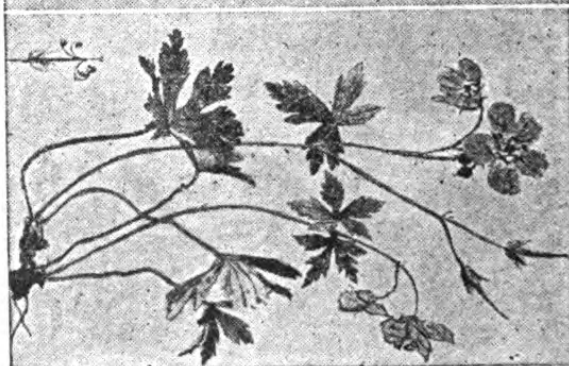


Fig. 4



- Fig. 1—Violet. See page 260.
Fig. 2—Sarsaparilla. See page 17.
Fig. 3—Nerve Root. See page 155.
Fig. 4—Wild Geranium, See page 252.

Fig. 1

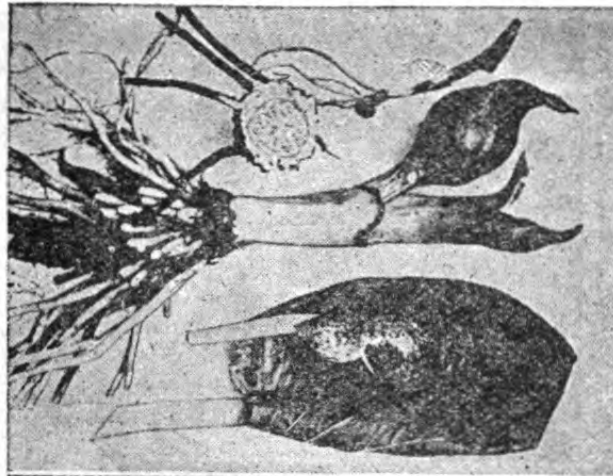


Fig. 2

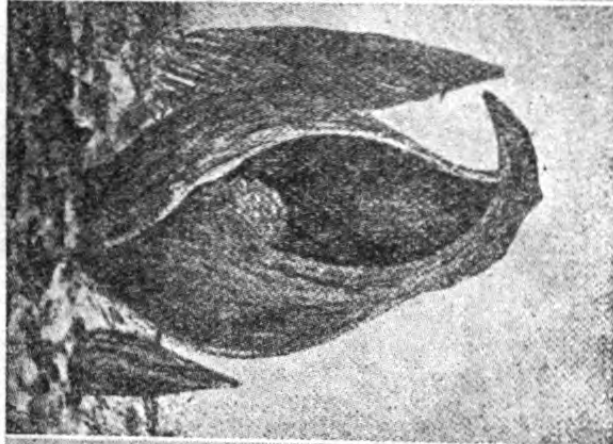


Fig. 3

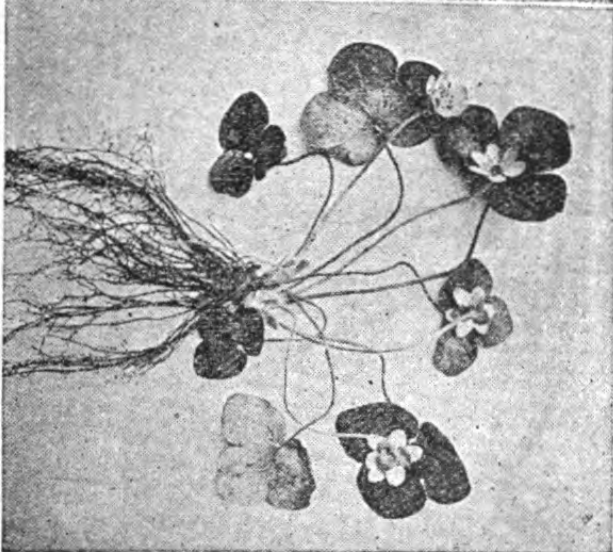


Fig. 1—Skunk Cabbage, showing complete plant and roots.

Fig. 2—Skunk Cabbage, as it grows in swamps. See page 200.

Fig. 3—Kidney Liverleaf. See page 124.

FIG. 1

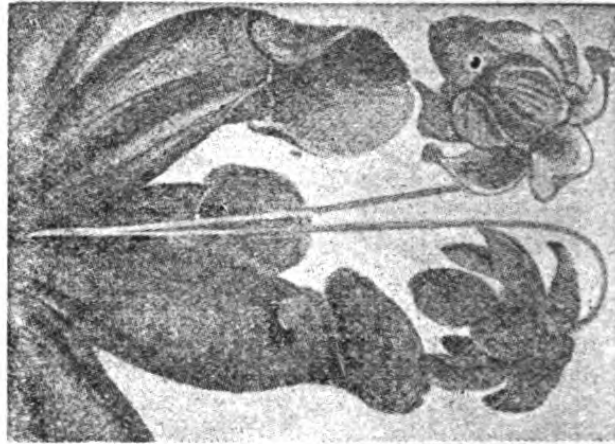


FIG. 2

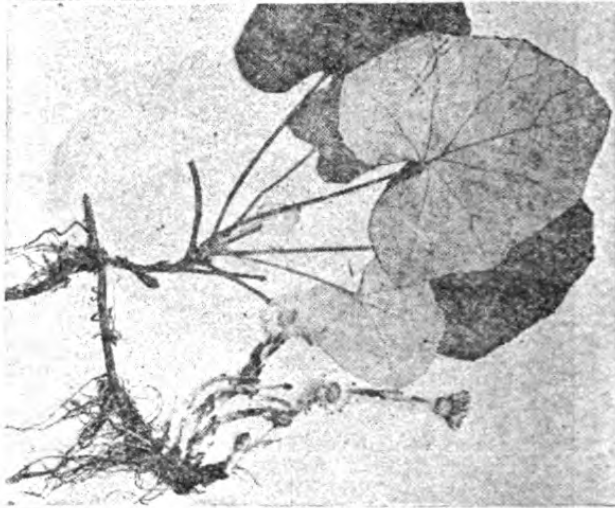


FIG. 3

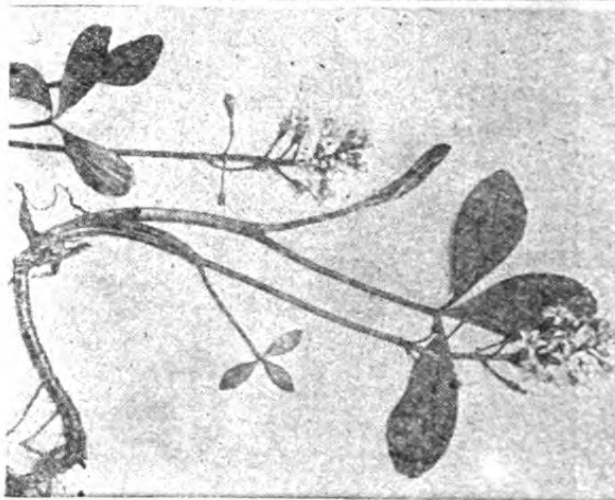


Fig. 1—Pitcher Plant. See page 168.
Fig. 2—Coltsfoot. See page 58.
Fig. 3—Bogbean. See page 37.

Fig. 1

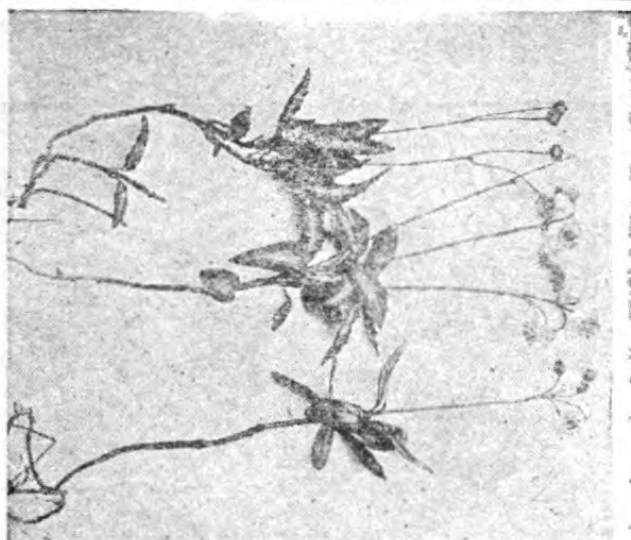


Fig. 2

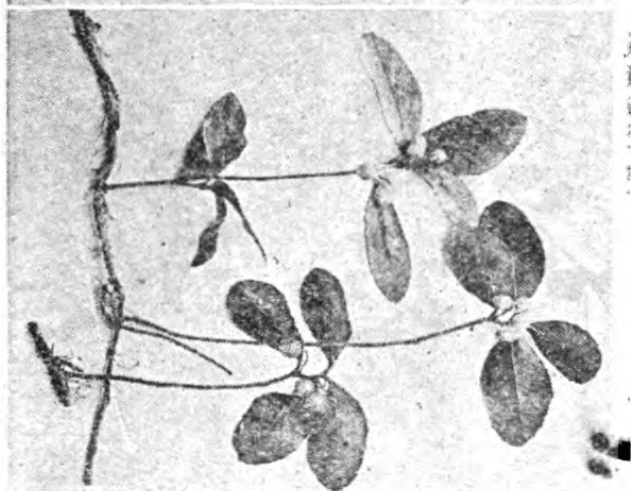


Fig. 3

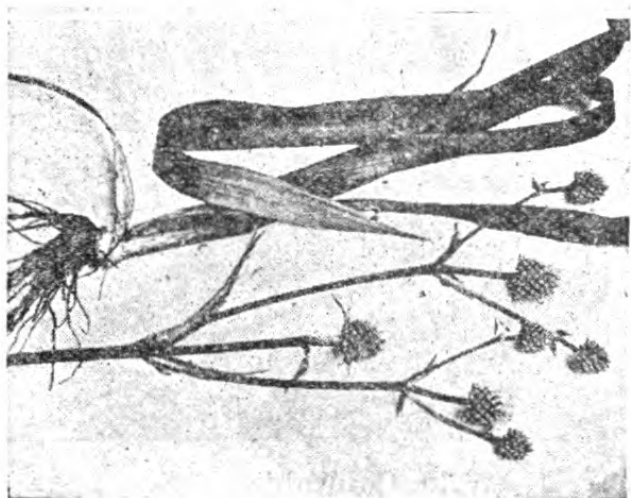


Fig. 1—Pipsissiwa. See page 166.

Fig. 2—Wintergreen. See page 247.

Fig. 3—Water Eryngo. See page 244.

Fig. 1

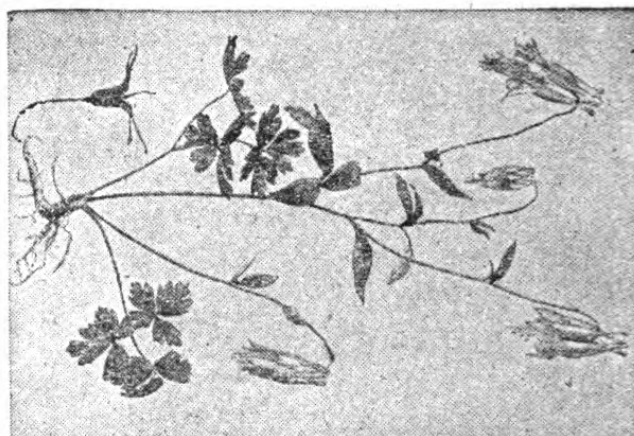


Fig. 2



Fig. 3

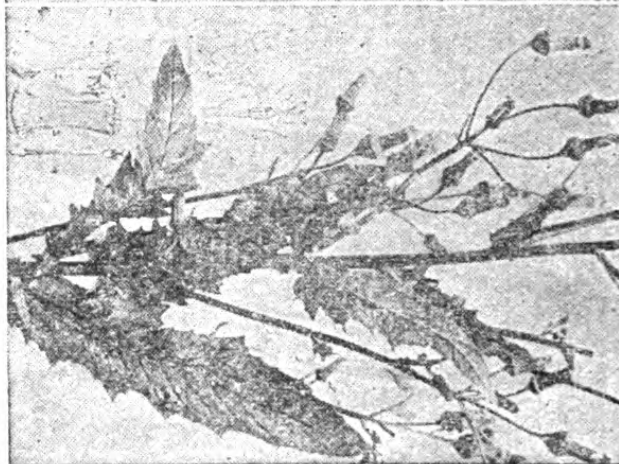


Fig. 1—Wild Columbine. See page 257.

Fig. 2—Veronica, Common Speedwell.
See page 210.

Fig. 3—Fireweed. See page 76.

FIG. 1

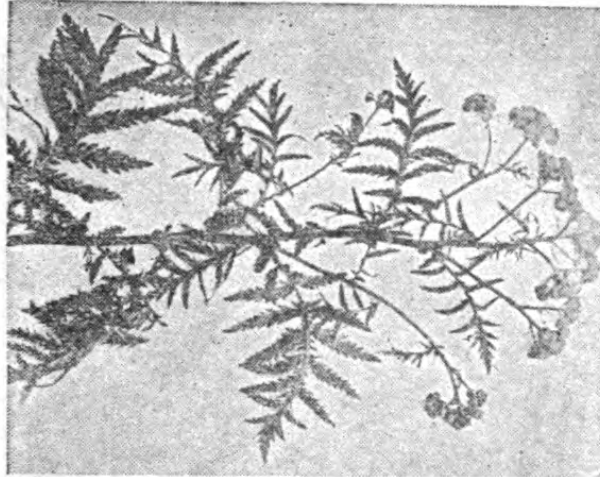


FIG. 2



FIG. 3

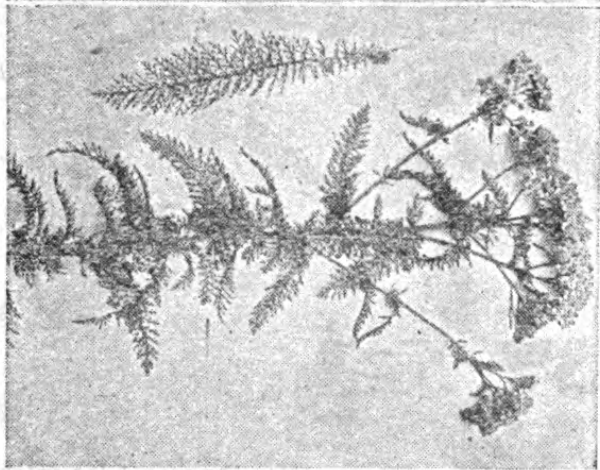
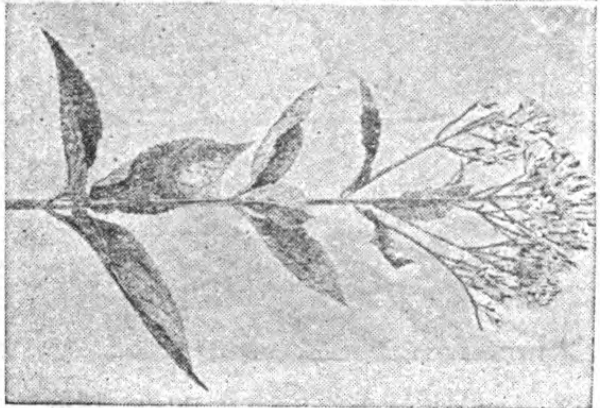


FIG. 4



- Fig. 1—Tansy. See page 235.
Fig. 2—Fire Weed. See page 76.
Fig. 3—Milfoil. See page 145.
Fig. 4—Queen of the Meadow. See page 179.

Fig. 1

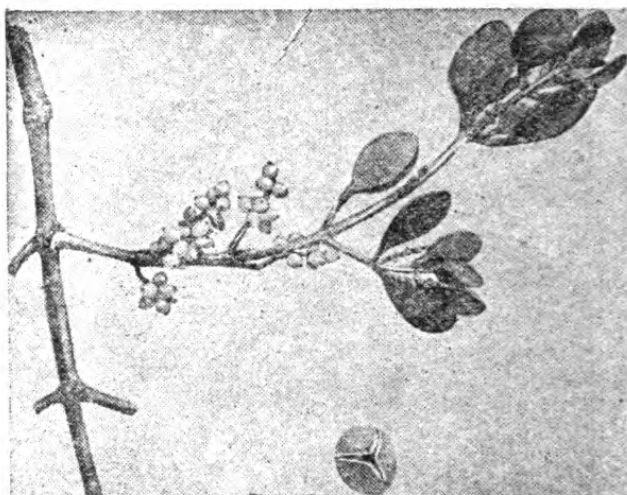


Fig. 2



Fig. 3



Fig. 1—Mistletoe. See page 146.

Fig. 2—Rky. Mountain Grape. See page 258.

Fig. 3—American Senna. See page 18.

Fig. 1



Fig. 2



Fig. 3

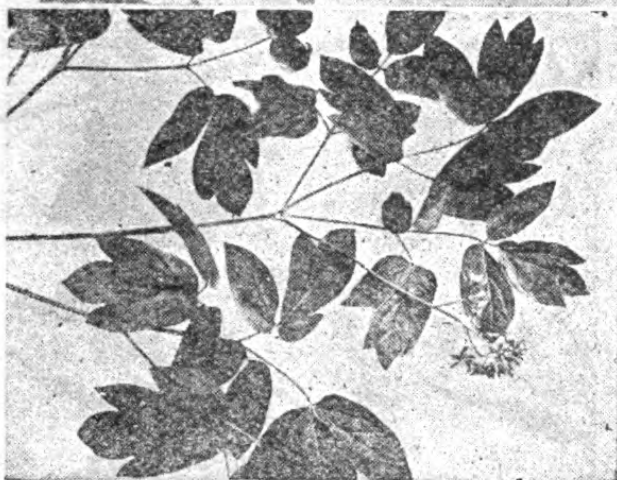


Fig. 1—Seven Barks. See page 205.
Fig. 2—Celandine. See page 53.
Fig. 3—Blue Cohosh. See page 35.

FIG. 1

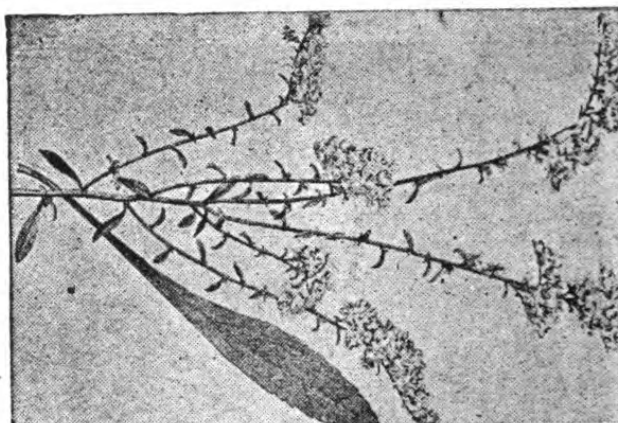


FIG. 2

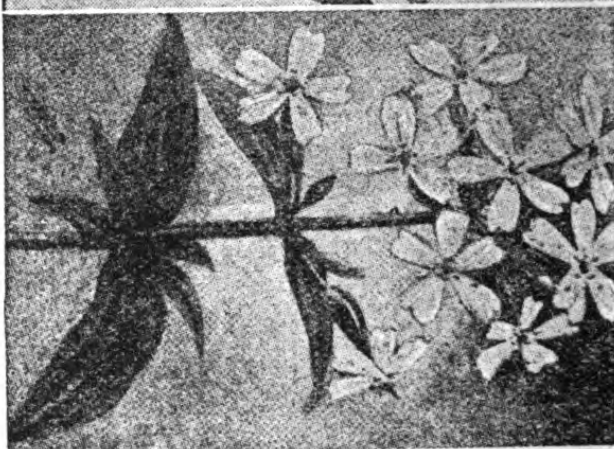


FIG. 3

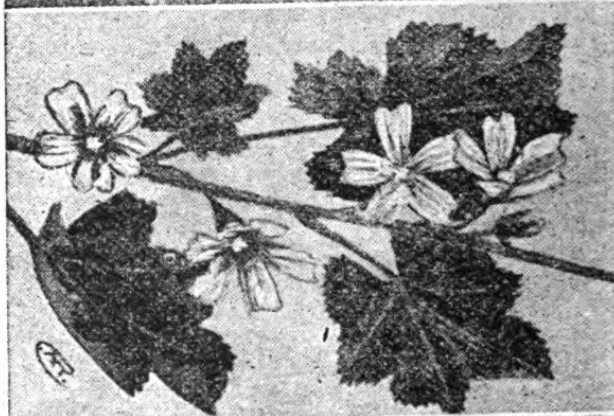


FIG. 4



- Fig. 1—Goldenrod. See page 98.
Fig. 2—Soapwort. See page 259.
Fig. 3—Low Mallow. See page 131.
Fig. 4—Sweet Fern. See page 222.

Fig. 1

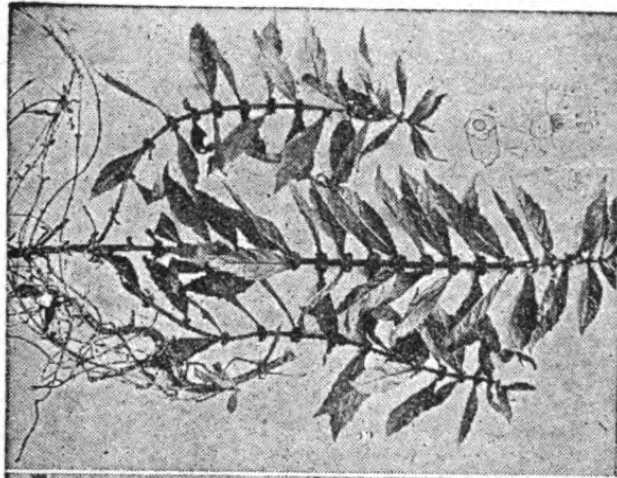


Fig. 2

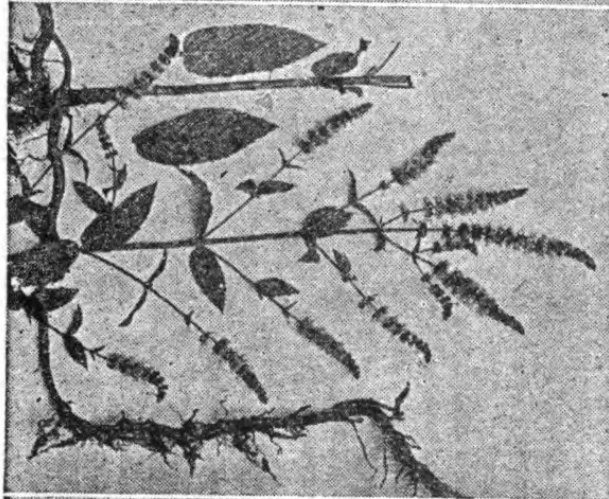


Fig. 3

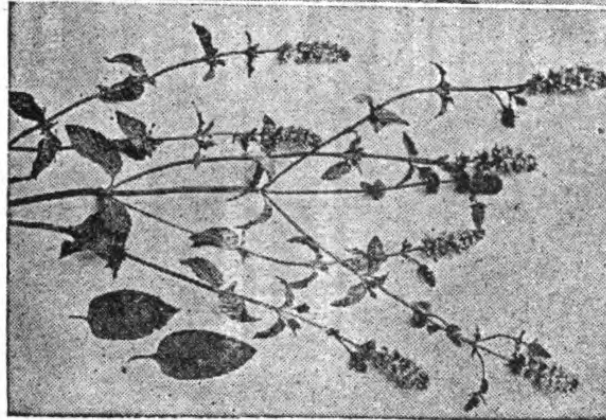


Fig. 1—Bugleweed. See page 38.

Fig. 2—Spear-mint, same medicinal value
as Peppermint.

Fig. 3—Peppermint. See page 163.

FIG. 1

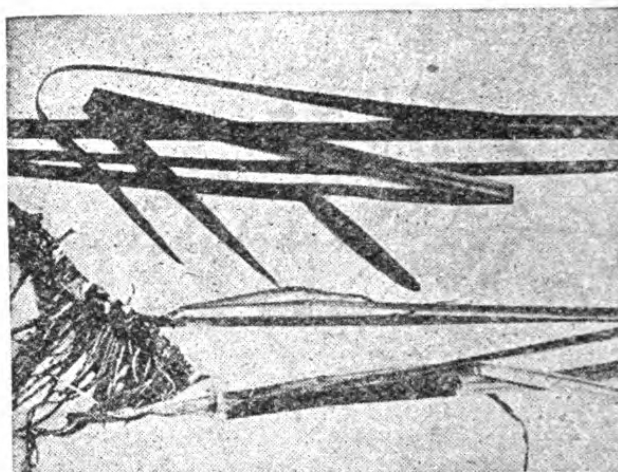


FIG. 2

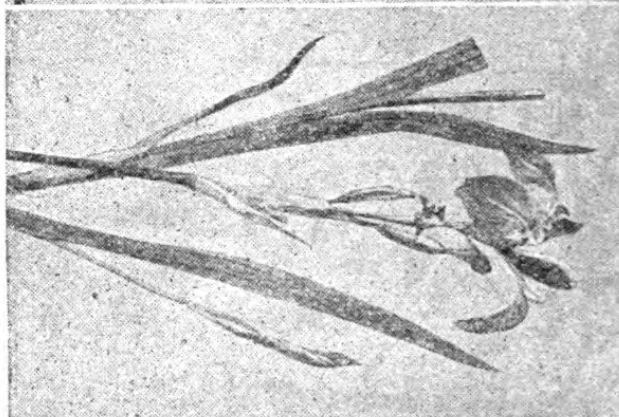


FIG. 3

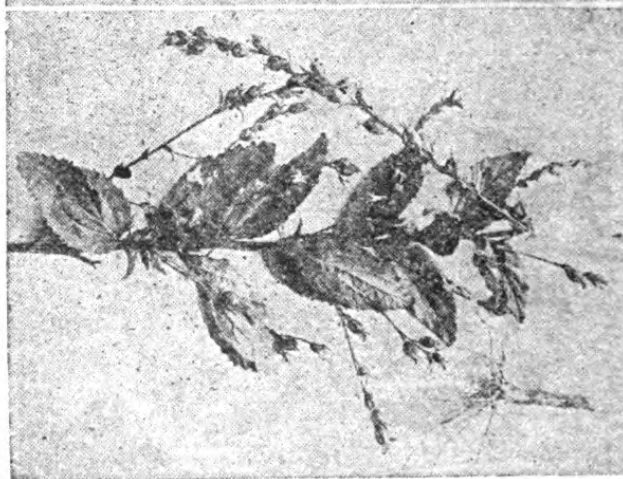


Fig. 1—Sweet Flag. See page 222.
Fig. 2—Blue Flag. See page 36.
Fig. 3—Lobelia. See page 127.

Fig. 1



Fig. 2



Fig. 3



Fig. 1—Wormwood. See page 270.
Fig. 2—Canada Fleabane. See page 174.
Fig. 3—St. Johnswort. See page 217.

Fig. 1



Fig. 2

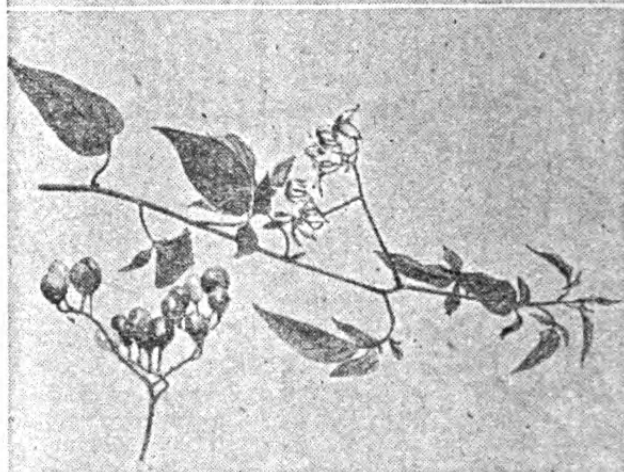


Fig. 3

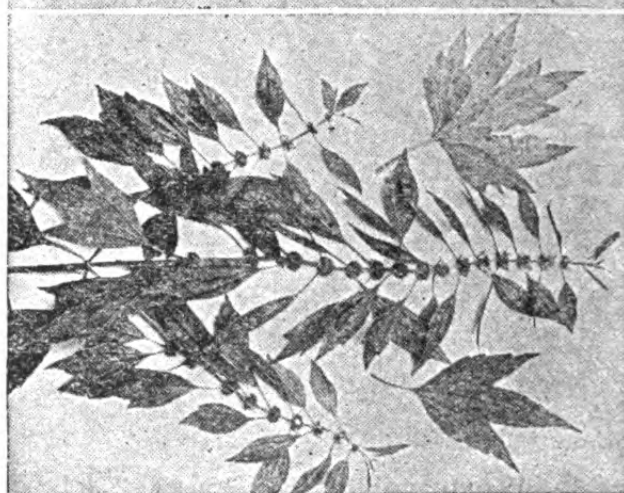


Fig. 1—Bearberry. See page 25.
Fig. 2—Bitter Sweet. See page 30.
Fig. 3—Mother Wort. See page 186.

FIG. 1

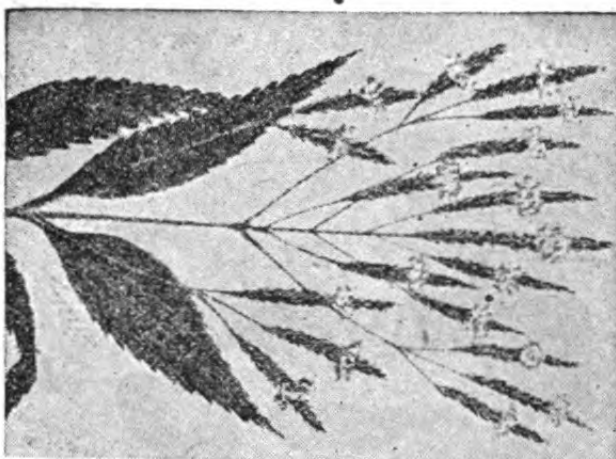


FIG. 2



FIG. 3



FIG. 4

Fig. 1—Blue Vervain. See page 32.
Fig. 2—Devils Bit. See page 67.
Fig. 3—Iron Weed. See page 118.
Fig. 4—Bonset. See page 43.

Fig. 1

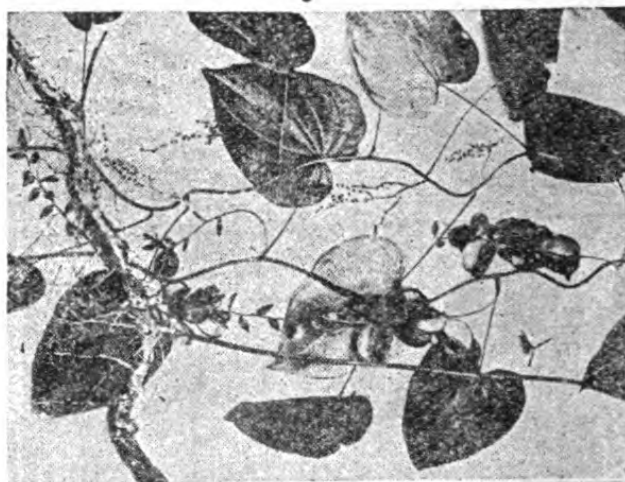


Fig. 2

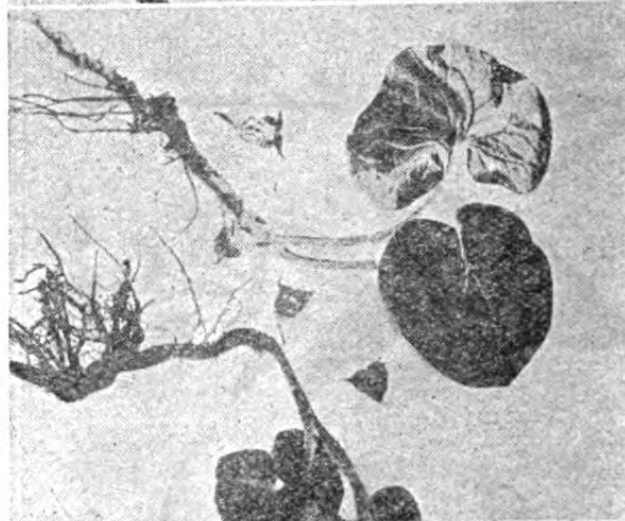


Fig. 3

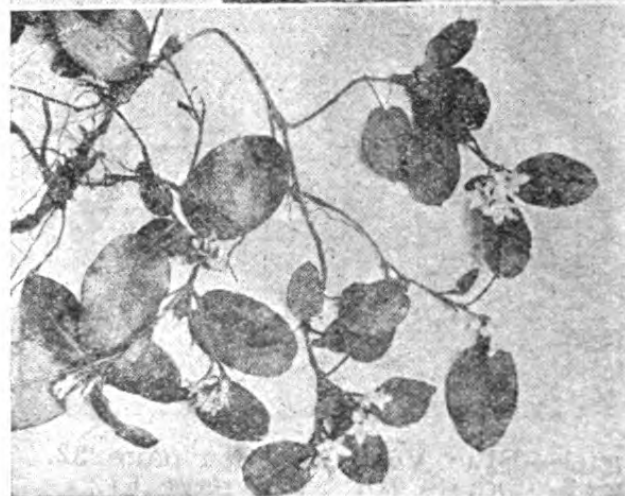


Fig. 1—Wild Yam. See page 260.
Fig. 2—Wild Ginger. See page 254.
Fig. 3—Wild May Flower. See page 257.

Fig. 1

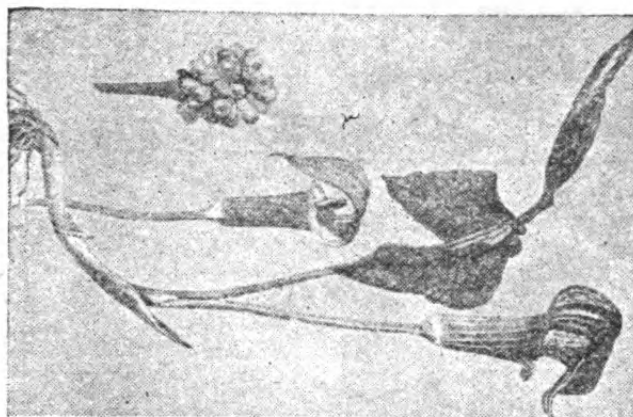


Fig. 2



Fig. 3

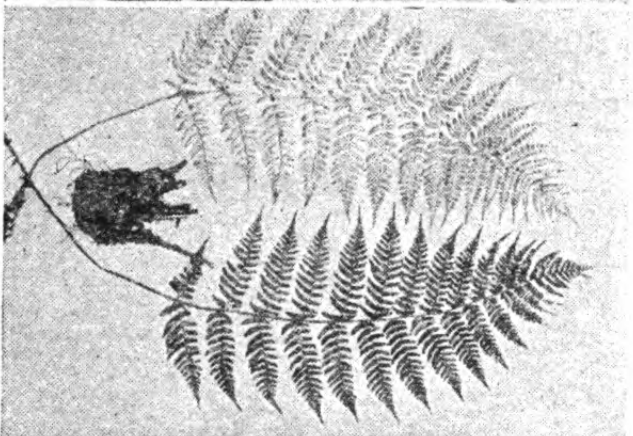


Fig. 4

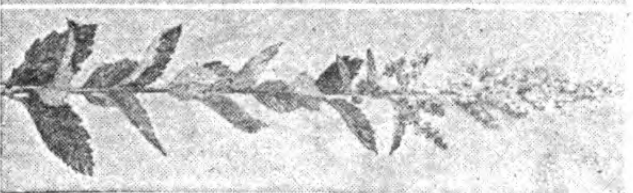


Fig. 1—Indian Turnip. See page 112.

Fig. 2—Virginia Snake Root. See page 241.

Fig. 3—Malefern. See page 48.

Fig. 4—Steeplebush. See page. 215.

Fig. 1



Fig. 2



Fig. 3

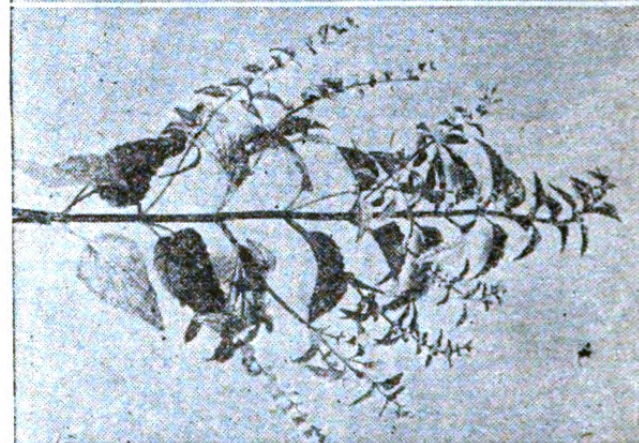


Fig. 4

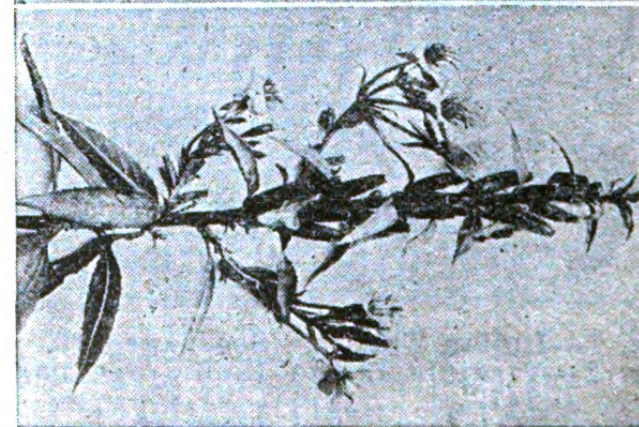


Fig. 1—Catnip. See page 157.

Fig. 2—Pennyroyal. See page 162.

Fig. 3—Skullcap. See page 224.

Fig. 4—Wild Evening Primrose. 253.

Fig. 1

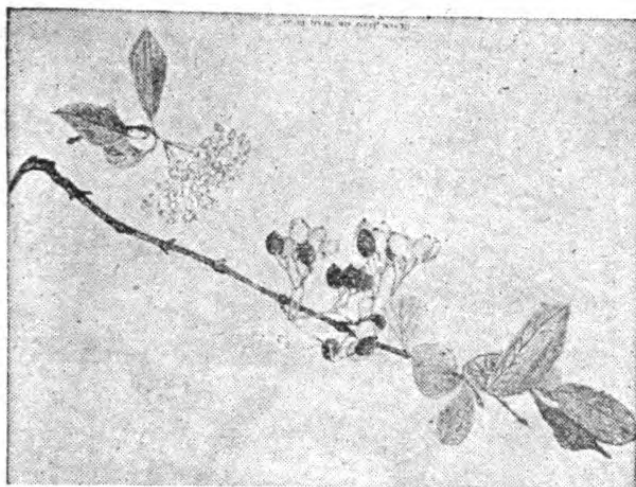


Fig. 2



Fig. 3

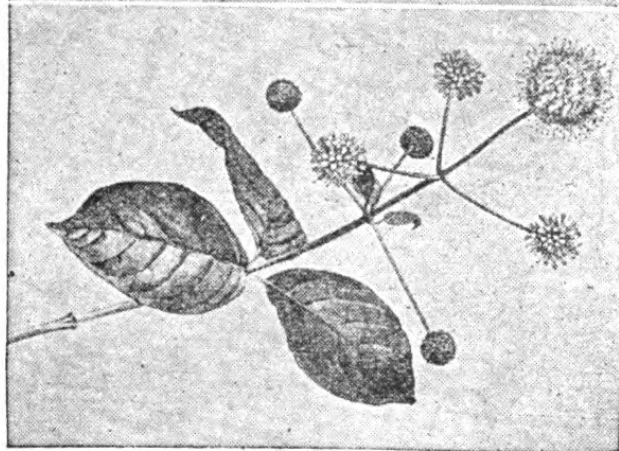


Fig. 1—Stagbush. See page 214.
Fig. 2—Indian Physic. See page 89.
Fig. 3—Globe Flower. See page 97.

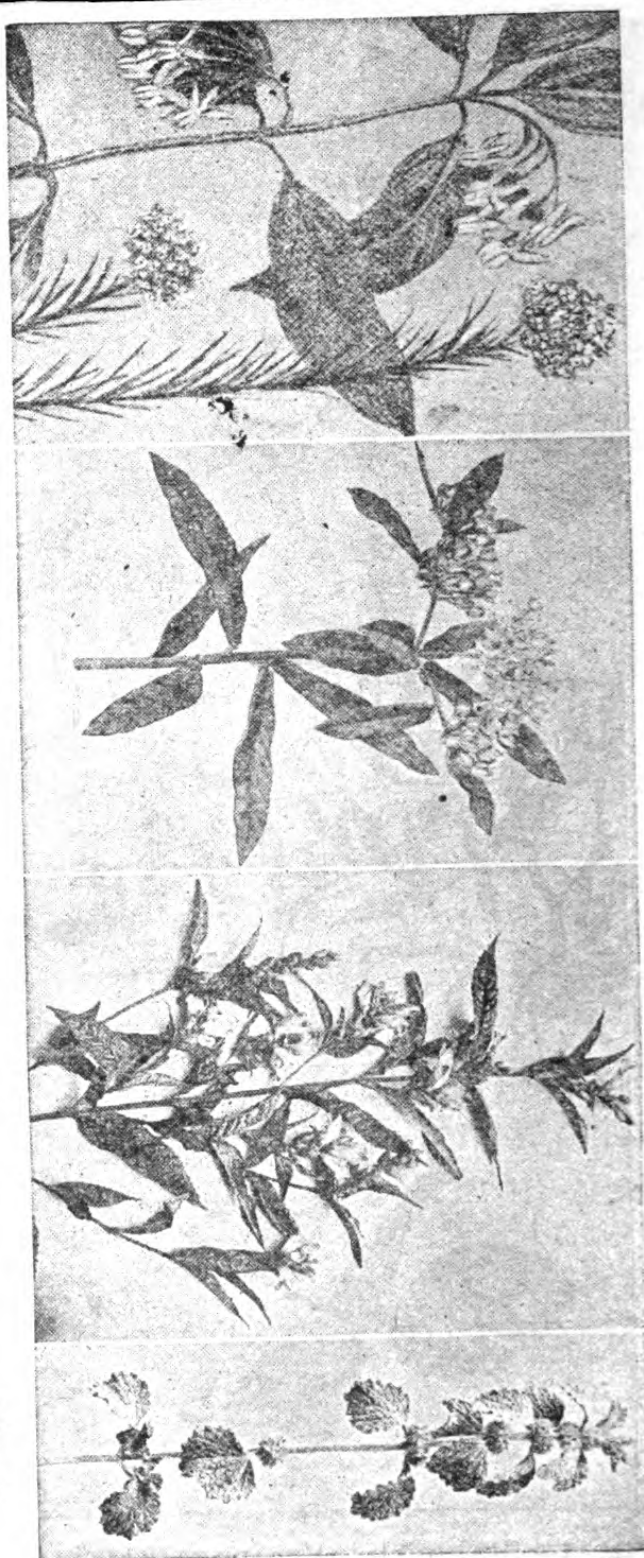
Fig. 1

Fig. 2

Fig. 3

Fig. 4

Fig. 5



- Fig. 1—*Asclepias Phytolaccoides*.
 Fig. 2—*Asclepias Verticillata*.
 Fig. 3—*Asclepias Tuberosa*, Pleurisy
 Root. See page 170.
 Fig. 4—Turtlebloom. See page 239.
 Fig. 5—Hoarhound. See page 102.

Fig. 1



Fig. 2

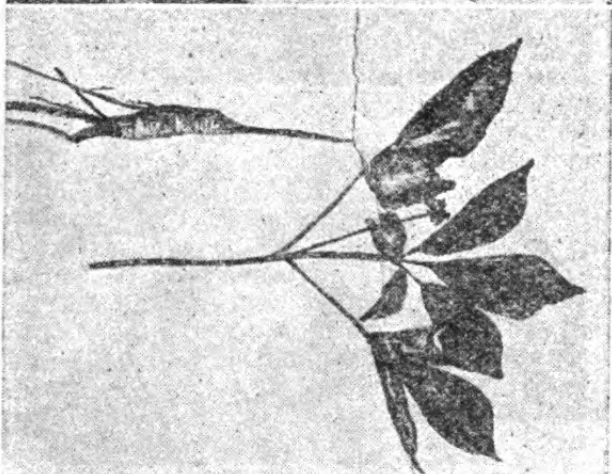


Fig. 3



Fig. 4

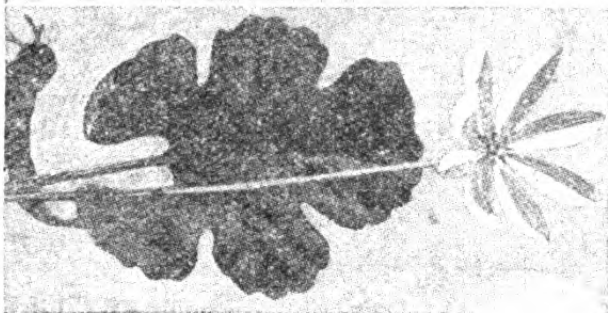


Fig. 1—Plantain. See page 169.
Fig. 2—Ginseng. See page 94.
Fig. 3—Gum Plant. See page 100.
Fig. 4—Blood Root. See page 41.

Fig. 1

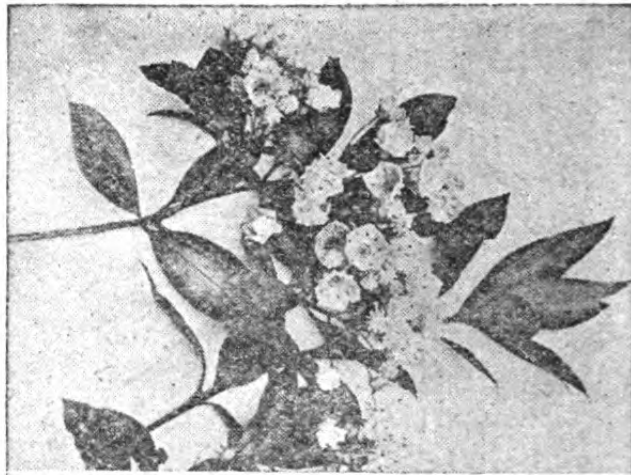


Fig. 2



Fig. 3

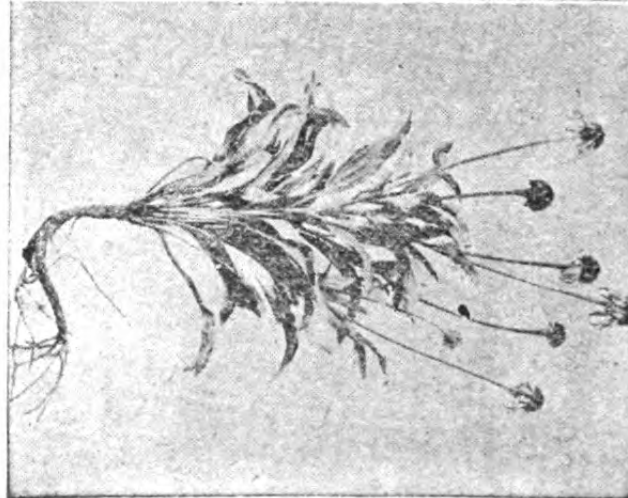


Fig. 1—Mt. Laurel. See page 150.
Fig. 2—Witch Hazel. See page 264.
Fig. 3—Echinacea. See page 258.

FARM STOCK REMEDIES

The following are a few of the very best farm-stock remedies that any individual can prepare. Some of them are now sold under various names at fancy prices. Most of the preparations contain 20 pounds and often 30 and 40 pounds of salt to the given amount of other ingredients—thus making their preparation much cheaper. The amount of salt in the following formulæ may be increased or decreased as desired. In severe cases of constipation or worms, the amount of salt in Formula No. P-2 may be decreased to one-half, i. e., 5 pounds in place of 10 pounds. This would make the preparation more effective. Use your own judgment.

As botanic drugs—the roots, and herbs used in these formulæ lose much of their value with age, it is advisable to get these articles direct from us. You can then be sure of strictly fresh, first hand goods. This applies to any roots and herbs for any medicinal purpose. The stuff sold in drug stores has often been on the shelves for ten to twenty years.

We do not sell these preparations made up mixed for that very reason—however, we will gladly furnish you with the ingredients which are put up by us only in 25c boxes, except the salt. You can purchase salt in any grocery store. Any kind of salt will do—just so it is clean.

Worms are usually of two kinds—stomach worms and intestinal worms; Formula No. P-2 destroys both. It is simple. It is only necessary to give your stock free access to it at all times. Do not fear, they will not take too much and if you eliminate all other salt they will take just enough, not only to destroy or prevent worms, but to keep their system, blood and general health in the best possible condition.

It is not necessary to dose No. P-2. Just keep it before your animals and they will be their own doctor. Worms that infest stock exist everywhere, not only in the fields and pastures, but in the grain, in the hay and around the barn. The germs from which these pests originate remain dormant until taken into the system of the animal, where they develop and proceed with their work of destruction.

Indigestion arises as a result of worms. These parasites increase to a much greater extent than can possibly be conceived by the unsuspecting owner of stock. When they gain a foothold in the stomach or intestines of the animal, they continue to multiply and increase in countless numbers, and they are eliminated by not only the most precautionary measures possible, but through a continued use of these measures. The use of No. P-2 for a week or several weeks is sure to eliminate worms from your flock.

No. P-2 is a medicated salt composed largely of salt, but containing just enough medicine, pure drugs and chemicals so that when the animal has taken just as much of it as is necessary to supply the system's demand for salt, it will incidentally and at the same time have taken just enough of these drugs and chemicals to eliminate from its system all of the worms and parasites, and to have placed its system in the best possible condition as regards pure blood, life, and vigor, a healthy appetite and general condition.

CATTLE TONIC AND CONDITION POWDER

No. P-1—For Horses, Cattle, Sheep, Hogs, and other farm animals. This is a powdered preparation that any person can make and is much superior to most of the widely advertised preparations. It will aid to keep your stock in prime, healthy condition.

- 1 25c box P. Colic Root.
- 1 25c box P. May-Apple Root.
- 2 25c boxes P. Gentian Root.
- 1 25c box P. Willow Charcoal.
- 1 25c box P. Soluble Iron Scales.
- 1 25c box P. Sacred Bark.
- 10 lbs. Clean Table Salt.

Mix the above thoroughly in its dry state and it is ready for use. The mixture may be placed in a box and the cattle will doctor themselves. In case the animals do not at first readily take the medicine a thin layer of ground feed should be placed over the preparation for the first few days. For swine it is perhaps best to scatter some of the mixture on dry earth. In this manner they will become gradually accustomed to it.

FOR WORMS, CONSTIPATION, DIARRHOEA, DYSENTERY, COLIC

No. P-2 —For Cattle, Horses, Sheep, and especially Hogs, the following preparations will be found far more effective than the numerous preparations that flood the market.

- 1 25c box P. May-Apple Root.
- 2 25c boxes P. Malefern.
- 1 25c box P. Sulphur Flowers.
- 1 10c box P. Sulphate of Iron.
- 1 25c box P. Colic Root.
- 10 lbs. Clean Table Salt.

Mix thoroughly, keep dry and follow same directions for use as the cattle Tonic P. No. 1.

FATTENING COMPOUND

No. P-3—For Cattle and farm stock of all kinds, as well as for Poultry, Geese, Ducks, Turkey, etc. This preparation is a Nutritive, Tonic, and Appetizer.

- 2 25c boxes P. Buffalo Herb.
- 2 25c boxes P. Blue Gentian.
- 1 25c box P. Sulphur.
- 2 25c boxes P. Foenugreek.
- 1 25c box P. Colic Root.
- 10 lbs. Clean Table Salt.

For cattle, and farm stock, follow same directions as P. No. 1. For poultry, etc., use only 1 pound Salt to the other ingredients instead of 10 pounds, and feed a tablespoonful of the mixture mixed with the feed of six hens. For twelve hens use two tablespoonfuls, for eighteen hens use three tablespoonfuls and so on. Place the food and medicine mixture where they can get at it freely. The powder may be mixed with dry or wet food. When dry grain is fed it is best to slightly moisten the grain so that the powder will adhere to each grain.

For horses, the same mixture, weighing about twelve pounds may be dissolved in five gallons of water into which has been dissolved one gallon of molasses. Half pint of this liquid to be mixed with the oats or chopped hay.

INSECTICIDE AND DISINFECTANT

No. P-4—This is a water soluble insecticide and disinfectant of the highest quality. Will kill lice on poultry and other farm animals and is also very useful in rash, eczema, and wherever a good antiseptic and disinfectant is indicated.

- 1 25c bottle Camphorated Carbolic Acid.
- ½ 50c bottle Camphorated Mirbane.
- 1 quart Water.

As an insecticide for lice mix the above thoroughly and apply by sprinkling on the woodwork, floors, and nest of the hens. If desired as a wash for skin affections add 1 or 2 quarts of water to the above.

CHICKEN CHOLERA

No. P-5—This is not only a fine remedy for cholera but also a preventative.

- 1 25c bottle Camphorated Carbolic Acid.
- 3 25c boxes P. Sweet Root.
- 1 gallon Water (hot).

Mix the above and allow to cool and settle. Strain and use 1 or 2 ounces of the liquid to each gallon of drinking water for the fowl or mix it in the same proportion to their mash food.

ROUP REMEDY

No. P-6—This is a pleasant remedy for this ailment—one that chickens will not hesitate to take.

- 1 box 25c size Potassium Chlorate.
- 1 box 25c size P. Cubebs.
- 1 box 25c size P. Sweet Root.
- 1 box 25c size P. Anise Seed.

Directions: Mix this thoroughly and preserve in a tight fruit jar. Dose—1 heaping teaspoonful to 60 hens; to be mixed with their mash food.

Address all orders direct to Joseph E. Meyer, Indiana Herb Gardens, P. O. Box 5, Hammond, Ind.

FOR COUGHS, COLDS, AND BRONCHIAL TROUBLES

No. P-7—A good all around remedy to keep on hand for all farm stock.

- 1 25c box P. Blood Root.
- 1 25c box P. Ginger.
- ½ 25c box P. Saltpetre.
- 1 25c box P. Sweet Root.
- 1 25c box Gum Acacia.
- 1 oz. White Pine Tar.
- 1 lb. Sugar.

Mix thoroughly and make into a stiff dough by adding a few tablespoonfuls of water at a time. Take about a tablespoonful of the dough and form into a ball. Dose—1 to 3 a day. The mixture may be mixed with the feed, but in this case the White Pine Tar should be left out. It may be used either as a dry powder or dissolved in water.

The above dose is for full grown cattle. For young stock use only half the quantity for each dose.

DIURETIC

No. P-8—This is a very good remedy in retention of the urine—and all ills arising from this cause.

- 1 25c box P. Juniper Berries.
- 1 25c box P. Purified Rosin.
- 1 25c box P. Bearberry.
- 1 25c box P. Ginger.
- 1 25c box P. Sweet Root.
- 1 25c box P. Acacia Vera.
- 1 lb. Sugar.

Mix thoroughly and give 1 to 3 tablespoonfuls according to age and size of the cattle. It may be made into balls by moistening with water or may be given in the dry form with the feed, three times a day if necessary.

PURGATIVE BALLS

No. P-9—This is a very strong purgative and should be used only where necessary. For average cases of constipation the Formula No. P-2 is sufficient.

- 1 25c box P. Aloes.
- 1 25c box P. Ginger.
- 4 25c boxes P. Marsh Mallow Root.
- 1 25c box P. May-Apple.
- 1 lb. Sugar.

Mix thoroughly and add sufficient water in small quantities to make a thick dough. Roll into balls about the size of a quarter dollar. Dose—½ to 1 ball for small animals. Two or more for large full grown stock. This article is too bitter to be mixed with the feed.

STOCK LINIMENT

No. P-10—This is a very fine liniment for Horses, Cattle, and all farm stock and household pets.

- 1 25c bottle White Pine Tar.
- 1 25c bottle Camphorated Crude Oil.
- 1 50c bottle Oil Cedar Leaves.

To the above add ½ gallon of any kind of

oil—either lard oil, petrolatum oil, olive oil, salad oil, cotton seed oil, or any other oil you may have on hand that is clean.

Or, if desired to make a salve add 5 pounds of hog's lard or suet and 1 pound of beeswax or paraffin.

This makes an excellent salve for general use. A special salve for eczema or mange may be made by adding one 25c box of P. Sulphur Flowers to each pound of the above salve.

For slow healing sores and ulcers use our Wintergreen Embrocation. The preparation contains ingredients that are too costly to be found in ordinary veterinary preparations.

FLY AND INSECT OIL

No. P-11—This oil will keep insects and flies from all cattle and farm stock.

1 50c bottle Oil Citronela.

1 50c bottle Camphorated Mirbane.

1 50c bottle Camphorated Eucalyptus.

1 qt. Kerosene Oil or liquid petrolatum.

Mix thoroughly and apply with a spray or moisten a cloth with the mixture sparingly and rub over the animal.

Medicinal Herb Teas.

We would advise you to get your herbs direct from the herb growers, as the stuff sold in most drug stores is the droppings and discarded material of large drug millers. These droppings are swept together with the spit, tobacco, feathers, hair, and dirt and pressed into one ounce cakes and sold cheap to drug stores. Is it any wonder that such herbs have no medicinal value?

The formulae given in this book were received from various sources. They are published for what they may be worth. We cannot attribute to them the properties claimed for them by some of our too ardent contributors, but we can recommend them to be absolutely harmless and beneficial. It is our inviolable rule never to print or sell any herbs or formulae that contain mineral or powerful poisons or habit forming drugs.

One level teaspoonful of any powdered herb mentioned in this book may be steeped in a cup of hot water on the back of stove for 30 minutes. The water should not boil, but must be kept near the boiling point for 30 minutes. Then strain and sweeten with honey whenever possible. Drink all during the day, cold except when otherwise stated.

The strength of a medicine may be judged by its taste. Strong medicine

is never good. It is better to take a large cupful of a weak tea than a small dose of strong tea. Therefore, if a medicine appears strong to the taste taking.

Herbs lose much of their medicinal value after they are a year old. A be sure to dilute it with water before druggist will carry a stock of herbs from year to year, until sold; varieties for which there is but little demand are often kept on the shelf from ten to twenty years.

NEURALGIA CURE

Steep one ounce of Burdock Seed in one pint of water for one hour. Strain, and take one tablespoonful before meals, and at bedtime. Writes M. F., Lexington, Ill.

TO CLEANSE THE BLOOD

Yellow Dock Root, 4 tablespoonful; Burdock Root, 4 tablespoonful; Blood Root, 1 tablespoonful. Boil the roots in 3 pints of water until reduced to one quart. Remove from fire and when cool add 1 pint Glycerine, and $\frac{1}{2}$ pint honey. Dose—One wineglass full three times daily. Writes R. C. H., Fort Scott, Kans.

FOR LIVER COMPLAINT AND IMPURE BLOOD

Prickly Ash, 8 tablespoonful; Black Cherry, 8 tablespoonful; Ironwood Shavings, 8 tablespoonful; Golden Seal Root, 4 tablespoonful. Put all the ingredients in a half gallon jug and fill the jug full of Sweet Boiled Cider. Let stand one week then it is fit to use. Dose, one tablespoonful three times daily. Writes R. C. H., Fort Scott, Kans.

FOR CHRONIC CATARRH

Blood Root, $\frac{1}{4}$ oz.; Bay Berry Root, 2 oz.; Peruvian Bark, $\frac{1}{2}$ oz.; Borax, pulverized, $\frac{1}{2}$ oz. Pulverize very fine and use as snuff. Writes G. N. C. of Economy, Pa.

TO CURE ITCH

A strong decoction (tea by boiling) of common Plantain Leaves will cure the itch every time. Writes W. P. M. of Louisville, Ky.

RING WORM

Yellow Dock bruised in water will never fail to cure Ring Worm. Writes W. P. M. of Louisville, Ky.

ASTHMA

Two oz. Spignet Root; 2 oz. Blood Root; 2 oz. Indiana Turnip. Put in two quarts whiskey and let stand 48 hours. Dose—one teaspoonful after meals.

HEART DISEASE

To quickly reduce palpitation and shortage of breath. Lily of the Valley, $\frac{1}{2}$ oz.; Water, 6 oz. Boil five minutes. Dose—one teaspoonful three times daily. Writes J. T. J., Columbus, Ohio.

JAUNDICE

Peach Leaves are an excellent remedy for Jaundice. Princess Pine is a sure remedy for Dropsy. Have seen it cure a very severe case. Drink one or two cupful of these teas a day. Writes R., Martin, Tex.

ST. VITUS DANCE

Am acquainted with a young lady who had the St. Vitus Dance so bad that doctors did not think she would recover and they said if she did she would be insane, but Skunk Root cured her. Directions are to chew a small piece as large as the end of the thumb morning and evening. Writes A. J. D., Johnstown, Pa.

FOR NEURALGIA

Am sending you an herb recipe of value, having tested its merits myself by treating my husband when doctors remedies failed. Take one cupful of Smart Weed, pour 1 qt. of boiling water over it, and let simmer for ten minutes. Take $\frac{1}{2}$ cupful of this tea, sweetened with honey, hot, internally every hour, or more often if pains is very severe. For external use add to 1 pint of the tea 1 cupful of vinegar, heat to boiling point, wring hot flannel clothes from it and apply to the affected parts, changing as soon as cold until relieved. Writes H. W., Clare, Mich.

HEADACHE

Bathe the head with the tea of Button Snake Root. Writes Rev. J. M. L., Denning, Tex.

FOR WEAKENED LUNGS, ASTHMATIC ATTACKS, COLDS. AND OTHER PULMONARY TROUBLES

I tried this formula this summer and found it of great curative value. 1 oz. Mullein Leaves; 1 oz. White Hoarhound; 1 oz. Lungwort; 1 oz. Sage, and 1 oz. Sweet Root. Mix together two teaspoonful in a cup of hot water. Drink cold at bedtime. Writes R. N., Tonawanda, N. Y.

SUGAR DIABETIS

Extract from a recent newspaper, about a year ago Hoke G— was suffering from sugar diabetes. His condition was critical and it was only by strict dieting that he dodged the undertaker. A friend down state told him the merits of the root of Globe Flowers or Pucker Weed as they are commonly called. He tried it and was cured. The weed is abundant in the Calumet Region and Hoke has been telling all his friends about it. A Chicago medical laboratory is going to market a cure for sugar diabetes, they sent a gang of men to make a systematic search for it around Hessville. The thing which bothers Mr. G— is that people will pay high prices for this remedy when they could get the same results by going out in the sand lots and gathering the roots themselves. Writes J. H., Hobart, Ind.

GRAVEL

One of the simplest and possibly the best remedies within the reach of all is the herb commonly called Goose Grass, which is prepared as directed seems to have a solvent power over stone or gravel, crumbling it into a sandy substance, so that it is discharged without difficulty. It is also valuable in many diseases of urinary organs, such a suppression of urine, inflammation of the kidneys or bladder, etc. Skin diseases of nearly every nature also find in Goose Grass a good remedy. In preparing the Goose Grass infusion always bear in mind that heat destroys its virtues, hence only cold or luke warm water must be used. Take 3 or 4 ounces of the dried herb and steep it at least several hours, strain and use up half cupful three or four times a day; the half cupful being one dose or pour out a cupful of the infusion and drink of it during the day, sweeten to taste. The taste is somewhat peculiar, but with all it is not bad as the strong medicines. Try it, sufferers, it is very beneficial. Do not use in case of dropsy, as this infusion is cold in nature (refrigerant) it is to be used only where there is feverishness or heat. Writes J. D. P., Cheney, Wash.

It is seldom that I need medicine myself though I frequently order for my friends, and realizing the great good you are doing furnishing the afflicted pure and unadulterated medicinal herbs fresh from nature's laboratory, I am sending a couple of formulæ which you are perfectly welcome to use if so inclined: For several years I was afflicted with Spermatorrhœa and sexual debility in the very worst form. I was for four years constantly under the treatment of the most skillful physicians in the treatment of Genito Urinary diseases that the cities of New York, Chicago, and St. Louis could afford, yet I grew worse all the time. Finally I made the acquaintance of two well educated Kickapoo Indian Doctors (twin brothers), Doctors Howling Wolf and Roaring Lion by name, who for \$25.00 gave me treatment for six months and the two following formulæ, which I considered rather cheap as I had spent several hundred dollars with other specialists and all to no avail before finally being cured by the Indian Doctors. They recommended that the two formulæ be taken alternately month about. Said to be good for sexual weakness in either sex. I am quite sure the persistent use of these remedies will cure the most obstinate case of sexual debility. Fine as a tablet preparation, it can be prepared by steeping 8 or 10 teaspoonfuls of the mixed herbs in Port Wine and allowing to remain for a week, by steeping in water and adding the usual amount of Brandy or Whisky, or if preferred they can be prepared by steeping

the teaspoonful of the mixed herbs in a cup of boiling water for 30 minutes. Dose—one-cupful a day, a large mouthful at a time.

Dr. Howling Wolf's Sexual Tonic—One teaspoonful of the following: Turkey Corn, Gold Thread, Waahoo, Blue Gentain, Lily Root, Blk. Cohosh, Star Root, False Star Root, Queen of the Meadow, and Black Alder.

Dr. Roaring Lion's Sexual Tonic—One teaspoonful of the following articles: Turtle Bloom, Quassia, Golden Seal, Wild Sage, Ind. Sage, Water Eryngo, Princess Pine, Twin Leaf, Wafer Ash.

FOR BLOOD POISONING

Make a salve of dried Catnip Leaves and fresh Butter, pulverize leaves and mix well. Apply fresh once an hour. Writes O. M., Marble, Ark.

FOR ECZEMA AND ITCH

Take 2 teaspoonful of Yellow Dock Root, 6 teaspoonful Poke Root, 1 teaspoonful Hog Lard, mix in a pint of water and boiled down to one-half pint. Apply night and morning to the affected parts. I have known this to cure three cases where doctors failed. Writes B. B. of Linary, Tenn.

FOR FEVERS AND INFLUENZA

Take Peach Tree Leaves, make into a tea, and drink warm. Writes I. S., Martin, Tex.

POX (SYPHILIS)

Fluid extract of Wild Grape Roots. Dose—15 to 30 drops three times daily until cured. This can be made by boiling 1 lb. of Wild Grape Roots in 3 qts. of water for one hour, strain and boil again until liquid measures one pint. Writes J. T. J., Columbus, Ohio.

JAUNDICE

Make a tea of Peach Leaves. Dose—three times a day, a large mouthful at a time. Writes A. J. R., Easton, Pa.

FOR BRIGHTS DISEASE

Take a handful of the herb of Bitter Bugle, put in a pint of water and boil. Dose—Take two tablespoonful five times a day. Writes A. L. H., Allen, Mich.

PILE SALVE

Take 3 Buckeyes, break up and put $\frac{1}{2}$ pt. of Lard and put on to boil, then let stand three hours and strain. Apply three times a day or as occasion and pain may require.

COUGHS, COLDS, TO LOOSEN PHLEGM

Take the inside bark of a pine tree in any quantity, steep and sweeten with honey, and boil down to a syrup, and take as any syrup. Writes C. L., Carthage, N. Y.

FOR GALL STONES

Take 1 oz. Dandelion, $\frac{1}{2}$ oz. Waahoo, $\frac{1}{2}$ oz. Blackberry, $\frac{1}{2}$ oz. Ginseng, $\frac{1}{4}$ oz. Mandrake, and 1 oz. Rhubarb. Put in a two quart bottle with a pint of glycerine, let set two days and fill bottle up with water. Take a tablespoonful two or three times a day. Write M. C.

PLANTAIN FOR TYPHOID FEVER

Wash the roots and steep a handful of them (Plantain) on the back of the stove for one-half hour, and drink freely during the day, and it will prevent typhoid fever. I have given it to children that was feverish. I learned it from a boarder—he was coming down with the fever, and he made me dig some roots, and drink the tea and he got up the next day, and was all right. He had a high fever, too, Writes E. H., Genoa Junction, Wis.

COUGH SYRUP

To a quart of water take a 25c size box of Skunk Cabbage Root and the same of Indian Turnip. Boil the tea down to one pint and add a quart of honey, and cook to a syrup, as it is fine for a bad cough. Writes M. W., Rosston, Okla.

FOR INFLAMMATION OF THE LIVER

Take 1 teaspoonful of May-Apple, 2 teaspoonful of Culvers Root, 1 teaspoonful of Blood Root, and 2 teaspoonful of Dandelion Root. All these to be dried and finely powdered, mix well, and divide into 30 powders, take one at bedtime for several days to get the bowels moving at least once a day. It is well also to apply the following ointment over the spleen and liver. Take a box of Smart Weed, Wormwood and 1 oz. Indian Turnip, boil together in a quart of soft water 15 minutes. Strain, and boil down to one pint and add $\frac{1}{4}$ lb. of lard. When nearly cold add 1 teaspoonful turpentine. Apply over spleen and liver. Writes M. C., Rosston, Okla.

FOR CHOLERA MORBUS

One teaspoonful Saleratus, 1 teaspoonful Peppermint Leaf, and 1 teaspoonful Rhubarb Root powdered. Put in a cup which you can cover, and pour $\frac{1}{2}$ pt. boiling water on it and cover. Dose: 2 or 3 tablespoonful every 20 or 30 minutes, as often as vomiting and violent purgations continue. If medicine is vomited up repeat dose again and again until relieved. Should pain about the navel long continue, use injections of 2 quarts hot water in which has been dissolved 2 tablespoonfuls of Common Salt.

FEMALE WEAKNESS AND DEBILITY

Take 2 oz. Peruvian Bark, 1 teaspoonful Red Pepper, 1 dram Cinnamon, and 1 oz. each of the following: Wild Cherry, Sulphur, Beth Root, Solomon Seal, Columbo, Spikenard, Comfrey, Gentain, Chamomile, and White Oak Bark. All should be finely powdered and put in 3 quarts of any kind of wine. Let stand 7 days, shaking thoroughly every day. Dose—a small wine glass full 3 to 5 times a day. If dose to great, reduce until the stomach and system get stronger. Should be taken 3 to 6 months. Or the same may be taken 1 teaspoonful of the herbs to a cup of boiling water. Drink the cupful during the day.

FOR FELON

Take Rock Salt, thoroughly dry it over a fire and pound fine, mix with Spirits of Turpentine and apply two or three times in 24 hours and it will drp up in a few days. Writes A. H.

CATARACT

The juice of Celandine herb preserved in Olive Oil cured a severe case of cataract of the eye. A thick skin had formed over the eyeball causing blindness. The case was pronounced incurable after four months' treatment and an operation at a hospital. Was entirely cured with the juice of Celandine herb. Writes Moody the English Herbalist.

SLIPPERY ELM FOR THE BABY

A tea of slippery elm cured my child. She could not keep food in her stomach and was growing so thin and emancipated that we feared for her life. Writes A. B., of England.

IVY POISONING

I had a bad attack over twenty-five years ago and attended the Sunday morning clinic at a small town drug store and got the pet prescription from all the doctors present, and all the others took notice, when one prescribed Fl. Ex. Serpentaria, and asked why the use of an eclectic tonic of indifferent value. I had all the prescriptions filled and tried them all without immediate results until I got to the Serpentaria, and then I discarded the others. Since I have seen it used many times for ivy Poisoning, nettle rash, carbuncles, insect bites and stings without a failure. I have had reports of its use in the irritation following smallpox with satisfactory results. So far I have never heard of a case of cutaneous irritation it has failed to relieve. The extract is made by boiling 1 oz. to a pint of water, and add 1 tablespoonful of baking soda.

WILD RASPBERRY

I used this plant on a case of a child suffering from prolapsus of the anus. The case was under treatment by a registered medical man, and gradually got worse and was given up as hopeless. This suffering followed inflammation of the bowels and profuse diarrhoea. The child was bottle-fed so I advised the mother to make a strong tea of raspberry leaves to wash the relaxed parts. After a few days the child was completely cured and has never suffered since. The raspberry leaf tea is the regular substitute given by herbalists to secure easy child-birth, thus obviating such dangerous drugs as ergot or opiates which produces intoxication called the nice name of twilight sleep. Method of using: Make an infusion of the leaves by pouring one pint of boiling water on one ounce of dried leaves. This is taken by many in place of ordinary tea, diluted and with milk and sugar if desired. It is one of the best children's medicines, and a tonic and astringent.

HAWTHORN BERRIES FOR THE HEART

A tea of Hawthorn Berries has a brown red color of fruity odor and a pleasant taste. As it is not poisonous, the dosage need not be so accurate. An average dose of the tea for an adult would be a teaspoonful in water, three or four times a day. The indications for its use are: functional and organic affections of the heart, mitral insufficiency, rapid and feeble heart action, angina, dyspnoea of cardiac origin, and in general the condition known as the senile heart. The writer has used Hawthorn Berreis for many years in the above-named conditions, and like other remedies, it frequently disappoints expectations formed as to its utility, but in a large proportion of cases treated the result has established its value as an approved remedy for the conditions to which it applies. It will not take the place of Fox Glove, there is not a plant medicine that will. But it may be depended on within its own sphere of action and it possesses the advantage over Fox Glove that it is not poisonous. Write Dr. B., Ennis, Ireland.

ROOT BEER MIXTURE

This is an extra fine natural tonic beverage, far better than the dope advertised as root beer extract by unscrupulous manufacturers. Here you have the natural ingredients themselves and you know it. 1 box Checkerberry Leaves impart their familiar and pleasant taste, 2 boxes Wintergreen adds it snap and flavor, 1 box Spikenard affords a mildly stimulating effect, 4 boxes Sassafras Root improves and blends the familiar flavors of the other herbs, 2 boxes Birch Bark tones down the richer flavors of other ingredients, 1 box Hop Flowers add the mild tonic effect that invigorates, 1 box Sarsaparilla acts as a blood purifier, making the beverage beneficial, 1 box Juniper Berries serve to stimulate mildly and add to the smoothness of taste. This quantity is sufficient for 5 gallons. Boil the herbs in 2 gallons of water for $\frac{1}{2}$ hour, and strain, and add 3 gallons of cold water. Sweeten to taste, add 1 oz. cake of yeast. Bottle after almost through fermenting—about 60 hours.

GERANIUM HEALING LOTION

I am writing to you as I want to tell you about Geranium Healing Lotion. I had some kind of a sore on my face for two years. There wasn't a doctor in the city or Atmonwa that could tell me what it was or could give me anything to do me any good. They all said it was beyond them. I took 15 X-Ray treatments. That didn't do any good. They told me it was too deep for the X-Ray. Then you recommended your Geranium Healing Lotion to me. I sent and got a bottle of it and all healed up in good shape and I only used half of it. Writes C. E. W., Fairfield, Ia.

HAY FEVER

The worst case of Hay Fever that ever existed can be immunized by the use of equal parts of Rag Weed and Golden Rod Leaves Stems and Seed, $\frac{1}{2}$ oz. of each in 1 pt. of water. Dose—wine glass full four times a day. Use Rag Weed in all diseases of liver and kidneys and stomach, and also diseases of the urinary and respiratory organs. 1 oz. Rag Weed to 1 pt. water. Many cases of indigestion and nervous dyspepsia has been cured by chewing the Rag Weed and swallowing the juice. As a poultice for all sprains, bruises, and pains the Rag Weed stand alone as best. Use tea of Rag Weed to wash sores and raw surfaces. Use tea also half strength to rinse the hair after shampooing and note results.

FOR ASTHMA

My husband was a great sufferer with asthma. What he suffered, well, I never knew him to sleep in a recumbent condition. Always sitting up. One time when he was very bad a Mrs. H— come to see him, and after learning what the trouble was said that an old Indian woman told her what to get. Here is the formula she gave me: Spikenard Root, Skunk Cabbage, Comfrey Root, Elecampane Root, Black Cohosh and Hoarhound. I steeped the roots a long time, strained and added sugar. And I found there is nothing better for asthma. In four days my husband began improving, and has gained 90 lbs. in a year. Writes F. G., Altoona, Pa.

Get a 25c box of each root and mix all together. Take a heaping teaspoonful of the mixture to a cupful of water. Drink it during the day.

INDIAN SALVE

Take Bitter Sweet Root, $1\frac{1}{2}$ lb., $1\frac{1}{2}$ lb. Black Alder, $\frac{1}{2}$ lb. Hops, $\frac{1}{2}$ lb. Plaintain Leaves, and a tobacco plug cut in pieces. Boil all in enough soft water to cover. Put in a cloth and squeeze out the juice. Boil down to $\frac{1}{2}$ pt. Then add 1 lb. unsalted butter, 1 oz. Beeswax, and 1 oz. Rosin. Simmer over a slow fire until water is all out. For use on all sores, swellings, fever sores, and all soreness.

BLADDER TROUBLE

Being a professional nurse previous to my marriage, I had an opportunity to learn several good herb remedies. A patient was suffering from severe bladder trouble with hemorrhages. The doctor took Peach Leaves, made a tea and let the patient drink it. This stopped the hemorrhage. Recently I was suffering a very sore mouth canker. A neighbor advised me to chew a small twig from a cherry tree, letting the bruised bark rest on the sore spots. The relief was immediate and the mouth healed quickly. Writes Mrs. C. E. B., Krebs, Okla.

ECZEMA

I have used Princess Pine for a terrible case of eczema and terrible itching skin, and one application helped more than all the doctors' medicine I have ever tried. Writes A. H. W., Union City, Ind.

ASTHMA REMEDY

Take Elecampane, Angelica Comfrey, Spikenard, and Hoarhound, $\frac{1}{2}$ oz. each, bruise and steep in 1 pint honey. Dose—a tablespoonful taken hot every few minutes, until relief is obtained, then several times daily until cure is affected. This is an ideal remedy. Writes G. W., Shamokin, Pa.

TAMARACK BARK

Sometimes called Black Larch or American Larch. Use for numbness of hands and arms, and creeping sensations in limbs or arms. Steep to make tea and sweeten, take $\frac{1}{2}$ teacupful at time, 3 or 4 times a day. This is a fine blood medicine and harmless and will not interfere with doctors' medicine.

WILLOW BARK

Give in small often repeated doses is good for sour stomach, heartburn, all fevers, acute rheumatism, chills and ague, and in an infusion of tea made from the buds or leaves is good to apply for gangrene, cancer, eczema, and the bark of all aspens, poplar, cottonwood and willows to be used the same.

FOR KIDNEYS

Sunflower Seed Tea is good for kidneys.

BLOOD PURIFIER

Red and White Clover Tea is a splendid blood purifier.

FOR PAINFUL MENSTRUATION

Take two teaspoonful of dried Wormwood, and 2 teaspoonful Pennyroyal and steep in a cup of boiling water, and drink while hot. Writes C. M. T., Trevorton, Pa.

DROPSY

Take 1 oz. White Mustard Seed, 2 oz. Bitter Sweet, 2 oz. Mandrake Root, 2 oz. Prickly Ash, and 4 oz. each of the following: Queen of the Meadow, Dwarf Elder, Dandelion, Juniper Berries, Horse Radish, and Butterfly Weed. Crush all together, pour boiling water on all, and keep hot for 12 hours, then boil, and pour off twice. Boil down to 3 quarts, strain, and add 3 lbs. sugar and 1 pt. Glycerine. Dose—a wine glass full or more three times daily.

DROPSY

A man here had dropsy and we thought he would die, all the doctors gave him up, and we made a tea from Cheese Plant, gave it to him one day, and he slept well all night, and with the one day treatment is better. Writes I. C., Charlotte, N. C.

Address all orders direct to Joseph E. Meyer, Ind. Herb Gardens, P. O. Box 5, Hammond, Ind.

PILE REMEDY

Add 1 oz. of White Oak Bark to 1 qt. cold water, boil slowly till reduced to 1 pt., then strain. When cold use the liquid to bathe the piles. Apply with absorbent cotton. If piles hang down gently push them back with the cotton. When applying the wash relief is almost instantaneous. Writes H. D., Rochester, N. Y.

FOR LIVER TROUBLES

This is a prescription of an Herbalist of 40 years' experience. It has great value in obstruction, inflammation, jaundice, enlargement, piles, biliousness, and indigestion: $\frac{1}{2}$ oz. Turkey Rheubarb, 1 oz. Dandelion Root, 1 oz. Gentain Root, $\frac{1}{2}$ oz. Ginger Root, $\frac{1}{2}$ oz. Cascara Bark, and 1 lb. Black Treacle. Boil all together in 6 pints of water. Cool, strain, express and filter. Of this extract take 2 oz. for every 8 oz. bottle of water. Dose—1 tablespoonful every 3 hours. Vary according to the case. Sometimes I gave a teaspoonful of pure Olive Oil once or twice a day; sometimes a warm linseed meal poultice to the side (right side) and always order a sparing diet, avoiding starchy foods and fat meats, seasoned with a liberal helping of common sense. Writes J. W. S., of England.

FOR PROLAPSUS

And also Gravel or Stone in the bladder. Take a decoction of Unicorn Root and the herb of Jacobs Ladder and drink a half teacupful three or four times a day. Writes Mrs. O. C. D., Shamrock, Tex.

Dose—1 teaspoonful of the herbs to a cup of water.

CONSUMPTION

A cure for consumption is a tea made with Comfrey Root and Clown's Woundwort. It has cured a famous doctor and his mother in England, and Wild Thyme will cure whooping cough. Stinging Nettle will cure pleurisy. Writes L. B., Altoona, Pa.

No. 49—Price 50c.

Baby Fennel Tea—This is the only medicine that we can recommend for babies for their little ailments for the reason that it is so mild and pleasant. The main ingredients are Fennel, Sweet Weed and Sweet Balm. It contains absolutely nothing that would be of the least injury to babies. Mothers should beware of the secret preparations that flood the market. Try this if baby cries and you do not know what ails it. It is fine for Colic, Scalding urine, etc.

All of the teas in this book should be taken cold, except when otherwise stated.

No. 407—Herbs 50c large box.

Voice Tonic—This is an old Indian remedy and very simple. It consists of chewing the dried herb Indian Balsam, the same as one would tobacco, but swallow the juice. The taste is similar to licorice. The Indian medicine men always carried so much of this fragrant herb with them that it gave them a peculiar not unpleasant odor, similar to the flavor of hickory nuts. It was much used by the Indian auratorist. It clears the voice in a most remarkable manner and seems to create the desire to sing. Singers and speakers should try this herb. It will surely surprise and delight them. It is excellent for hoarseness, sore throat and certain affections of the mouth. These effects are noticed within a few minutes after chewing the herb. Entirely harmless and very beneficial.

No. 755—25c per bottle.

Blisterine—This remarkable preparation dries up fever and cold blisters and prevents them from forming. Invisible and non-poisonous.

Diabetes Mellitus—Eat fruits, meats. Avoid bread, sweet and starchy foods. Abstain from all liquids during meals. Make a tea by steeping two teaspoonfuls Star Root and two teaspoonfuls Wild Alum Root into a pint of boiling water for thirty minutes. Dose—One tablespoonful after each meal. This may also be taken as a weak tea, one teaspoonful of the mixed herbs in a pint of water, and taken in place of water to quench the thirst.

Erysipelas—"About 33 years ago an old man cured me of Erysipelas while living in Kentucky, after all other doctors had failed, with the following prescription: Take 1 teaspoonful of Wormwort and 1 teaspoonful Butis Fly Weed. Place into a pint of water and boil down to one-half pint. Drink a tablespoonful 3 or 4 times daily; also bathe the afflicted part with the tea." Writes S. B. M., Hamilton, Tex.

Inflammatory Rheumatism and Gout—"The following is a very good remedy for inflammatory rheumatism and gout and has a good reputation in Australia. In 3 quarts of water place 1 ounce Blue Flag Root, 1 ounce Buck Bean, 1 ounce Sassafras. Boil 1 hour. Strain and add one-half pound sugar. Dose, a wineglassful 4 times daily." Writes C. M., Flemington, Victoria, Australia.

No. 43—Price, 50c per box.

Eucamint Pain Relief—A most valuable application for all ailments wherever a cooling soothing liniment can be applied. It banishes pain quicker than any liniment modern science has yet produced to our knowledge. It affords relief in Rheumatism, Backache, Lumbago, Neuralgia, Earache, Stiff Neck, and Joints, Aching Feet, Headache, Cramps, Toothache, Sprains, Bruises, Sores, Burns, Eruptions, Eczema, Skin Diseases, Insect Bites, Piles, Itch, Corns Bunions, Boils and all inflammation where a soothing, cooling agent is indicated.

No. 302—Box 35c.

Lilac Dry Shampoo—Useful for cleansing the hair without wetting. Stops falling out of hair and dandruff. Promotes the growth of hair. Box 35c.

No. 331—Herbs, \$1.00 per box.

Mistletoe Compound—This is a combination of roots and herbs that has a marked influence on high blood pressure. It must be taken in small doses for a long time for best results. It is also of value in some kidney affections.

No. 121—Price 50c per 6 oz. bottle.

Castile Shampoo—A delightful fragrant shampoo made from genuine Castile Soap. Mild and bland. Entirely different from the harsh common soap preparations so extensively advertised.

No. 40—50c bottle.

Hair Curling Lotion—An ideal preparation for keeping the hair in curls and for straightening kinky hair. It is not a grease and is not sticky. Delightfully perfumed.

Ague—"Take 2 ounces of Sassafras Bark. Place in a pint of water and boil for 20 minutes. Add a pint of best whiskey and let it cool. Dose, a tablespoonful 4 times a day for adults." Writes A. T. M., Fruitland, Ga.

Rheumatism—"The following is a very excellent remedy for rheumatism. I have used this recipe and know it is good. Take 1 ounce Waahoo Bark, 1 ounce Golden Seal, 1 ounce Wild Cherry Bark, 2 ounces Sarsaparilla, 1 ounce Yellow Dock, one-half Mandrake Root. Put all in one-half gallon of whiskey. Let it stand a few days. Dose, 1 tablespoonful before going to bed. Shake well before using." Writes J. N. H.,

No. 33—Herbs, \$1 box.

Demulcent Tea—A mild laxative and Demulcent. Very useful in cases of gall stones where these properties are desired to facilitate the passing of the stones and to stimulate the gall juices.

Directions—Place from 2 to 6 heaping teaspoonfuls of this herb mixture in a pint of boiling water. Let it stand on the back of the stove for one-half hour. Strain and when cold drink 3 or 4 tablespoonfuls 2 or 3 times daily. Some persons get best results by making the tea with 2 heaping tablespoonfuls of the mixture. Very severe cases however, require from 4 to 6 teaspoonfuls. The tea may be sweetened to taste with honey if desired.

In severe cases add 1-4 to 1 teaspoonfuls of ordinary ground Pepper or Ginger to each cup of the tea. The hotter the tea can be drunk the quicker the results.

No. 76—50c Jar.

Developing Cream—This superior article contains the best ingredients known for the purpose. Beware of the cheap creams containing rancid animal fats that promote the growth of hair on the face.

No. 35—Price 50c.

Wintergreen Embrocation—Made by us for an old physician for many years who has used it in his practice so successfully that we urged him to allow us to put the formula on the market. An exceptionally fine and efficacious article. Physicians will be more than pleased with it.

No. 406—Box 50c.

Yucca Hair Grower—This preparation has long been used by the natives of Mexico and the Indians for cleansing and preserving the hair, but has been introduced to the public only a year or more ago.

No. 604—Herbs, 50c box.

Calmative Tea—A simple combination of Blue Sculcap, Nerve Root, and Mint Blossoms that has a soothing, calmative action on the nervous system and therefore is of remarkable value in various cases of sleeplessness.

No. 119—Price 75c for $\frac{3}{4}$ lb. bar.

Old English Castile Soap—A genuine Castile Soap made from Olive Oil. It is mild and bland. Not perfumed.



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